

“The Tao of Athletic Success Workout”

Introduction Text

(rev2026-03-27a)

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Success or failure in competition (or in life itself) is a mental-emotional state of being first determined within the battlefield of the mind.

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



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

A Taoist teacher, standing in front of his students, was pointing to the moon and stars beyond. The students just stared at the man's broken and mangled hand. He gently spoke to his class:

“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.”

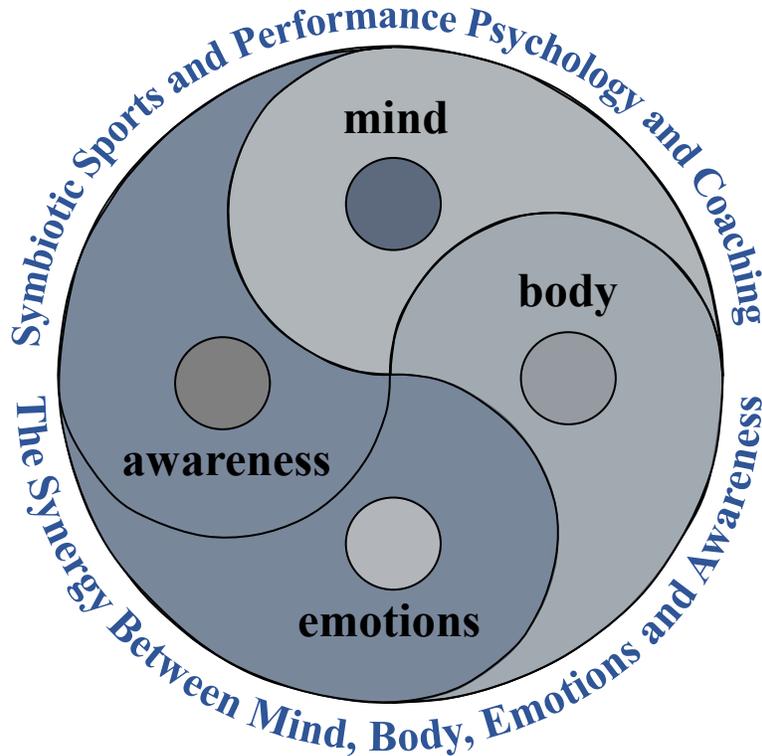
The words, diagrams, and pictures in this book are the broken and mangled hand. They are not the message but point towards the message, which will only be heard within the silence of the Tao.

The habits of thought that supported a reality and cause of misfortune, injury, and loss yesterday... those same habits of thought have the capacity in the brain to change today and to no longer have the capacity to support that unwanted, undesirable, and disharmonious reality and behavior tomorrow.

The success of any athletic training cannot be defined solely by the athlete's ability to win today; success must be defined by the athlete's ability to achieve with the presence of health, vigor, and joy along with the necessary cognitive skills, abilities, and motivation to attain and maintain these states of being throughout life by employing one's own evolved cognitive-emotional bio-feedback mechanisms.

*To ignore one's own emotional state of being is
to ignore one's own physical health and well-
being with possibly disastrous consequences.*

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Introduction Text
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The Personal Power of Qi: An Athlete's Evolutionary Heritage of Strength, Speed, Agility, Cunning, and Success. Symbiotic Psychology Press (46,200 words).

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The Tao of Athletic Success Workout – Exploration. Symbiotic Psychology Press

YinYang of Cognitive-Emotional Dynamics: An Intuitive Outline in Golf and Your Personal Power of Qi (Outline). Symbiotic Psychology Press (4,400 words)

Cognitive-Emotional Health Education: A Primary and Secondary School Overview. Symbiotic Psychology Press (53,700 words).

Cognitive-Emotional Re-Processing Control Paper with Supplements. Symbiotic Psychology Press
Cognitive-Emotional Re-Processing Control, Cultivation, and Education: The Linguistic Semantics of Cognitive vs. Emotional Dysregulation (15,500-word paper)
Dangers and Hazards of Homer's Theory of Emotionally Driven Behavior (2,000-word supplement)
Cognitive-Emotional Re-Processing Gymnasium: Unleashing a Student and Athlete's Evolutionary-Self of Strength, Stamina, Cunning, and Success (8,000-word supplement)

Cognitive-Emotional Theory: Three Articles and an Essay. Symbiotic Psychology Press
Emotional Feedback: An Evolved Human Cognitive-Emotional Re-Processing, Control, and Regulatory Mechanism (1,300-word article)
Cognitive-Emotional Development and Cultivation (700-word essay)
Spock's Reason vs. Emotion: A Fictitious and Dangerous Linguistic Construct of the Human Mind (1,600-word article)
Article: Dangers and Hazards of Homer's Theory of Emotionally Driven Behavior (2,000-word article)

Dark Night of the Full Moon: Surviving the School of Hard Knocks. Symbiotic Psychology Press (16,000 words).

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*This work is dedicated to University of
Wisconsin long distance runner who
committed suicide:*

*Sarah Shulze
2000-2022*

*We taught her how to run, but not how
to live.*

*No pain, no gain of a good physical workout
does not work with emotional pain.*

*Ignoring emotional pain is like ignoring an
infection; to do so will destroy you,
if not kill you first.*

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

An athlete's symbiotic synergy between mind, body, and emotional awareness has evolved over millions of years of survival of the fittest, most powerful, strongest, and agile of bodies as well as survival of the most clever, creative, and cunning minds that ever have lived on this planet. An athlete's evolutionary heritage of strength, speed, stamina, agility, cunning, health, well-being, and successful decision-making prowess and ability, as well as an athlete's emotional awareness has survived billions upon billions of battles, conflicts, and encounters and is now at the pinnacle, the top, the summit of the highest peaks. This evolved synergy between mind, body, emotions, and awareness is the heart of Symbiotic Sports Psychology.

Primary, secondary, and collegiate language, literacy, and literary educators are teaching a psychology of "emotionally driven behavior" as inscribed by Homer's "Iliad" nearly 3000 years-ago: "Goddess, sing me the anger of Achilles, Peleus' son, that fatal anger that brought countless sorrows on the Greeks and sent many valiant souls of warriors down to Hades, leaving their bodies as spoil for dogs and carrion birds: for thus was the will of Zeus brought to fulfilment" (Homer, 800-700/2009).

Achilles' anger brought countless sorrows. Achilles' anger sent many valiant souls to Hades. Homer inscribes the emotion of anger as causal; that is, anger is the cause of Achilles' behavior. Modern psychology has readily adopted this ancient literary linguistic paradigm of emotionally driven behavior and emotional regulation, management, and control (even with the use of pharmaceuticals) because dangerous emotions can drive destructive behavior. But cognition, not emotion precipitates the neurological, biochemical, and physiological changes and states of being in the brain and body that drives behavior. Emotions are a perceived effect.

Modern psychology's cognitive-emotional linguistic construct of separation, conflict, and control ignores emotion's evolutionary role in re-processing, re-developing, and re-constructing destructive, bad-feeling *cognitive behavior* towards constructive, good-feeling *cognitive behavior* that signifies an individual's (and society's) health, well-being, and success. The masculine mind did not evolve to control the feminine emotional body.

Today's "modern" sports psychology reflects Homer's 3000-year-old linguistics of his "Iliad" and millions of years of cognitive-emotional evolution have been (and are being) linguistically redefined and sabotaged. The Tao of Athletic Success is based on the evolved symbiotic synergy between mind, body, emotions, and awareness. Emotions have evolved to guide the mind towards a strong, robust, and agile physiology of the brain and body conducive to health, well-being, and successful decision-making prowess.

Passionately,

Andrew O. Jackson
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Reference: Jackson, A.O., (2025). Cognitive-Emotional Re-Processing Control Paper with Supplements. Symbiotic Psychology Press. (Freely available PDF downloads from my website, symbioticpsychology.com)

“The Tao of Athletic Success Workout”

Introduction

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

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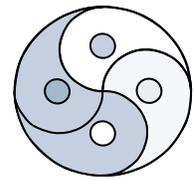
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Champions, in sport or in life, prevail because their cognitive-emotional projection of reality becomes dominant and prohibits the competition from seeing the reality of their own success.

*Feeling-good emotions, moods, attitudes and feelings
have an evolved correlation with an empowered,
robust, and healthy physiology of the brain and body
(that leads to strength, speed, stamina, agility,
cunning, and successful decision-making).*



1.0 Why learn from “The Tao of Athletic Success”?



“Introduction to “The Tao of Athletic Success Workout”

Part 1: Why learn from “The Tao of Athletic Success”?

Pre-Test (Mark all that apply.)

- 1) Good feeling emotions, moods, attitudes and feelings are indications of a movement towards _____ physical being.
 - a) stronger
 - b) quicker
 - c) more agile
 - d) less susceptible to illness, injury, and accidents

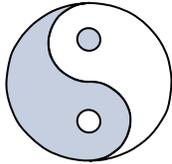
- 2) Bad-feeling emotions , moods, attitudes and feelings have an evolved correlation with...
 - a) weakness
 - b) injury
 - c) poor decision-making
 - d) strength

- 3) Negative bad-feeling, destructive emotions should be controlled, managed, and regulated with mental toughness.
 - a) True
 - b) False

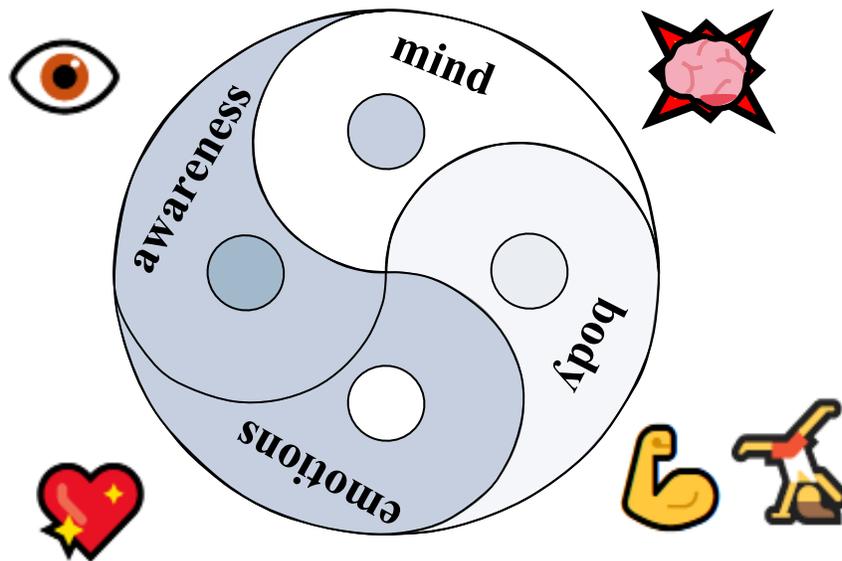
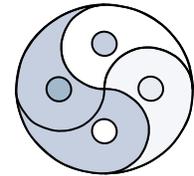
- 4) The adrenalin boost from anger makes an athlete:
 - a) Stronger
 - b) More successful
 - c) Weaker
 - d) Less successful

The Tao of Athletic Success Workout

Introduction Part 1

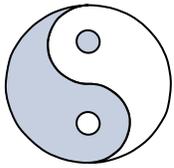


1.0 Why learn from “The Tao of Athletic Success”?

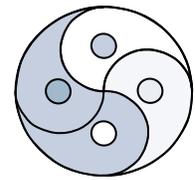


*“The Tao of Athletic Success Workout”
Introduction Part 1 Video is available soon on YouTube*

*Success or failure in competition (or in life
itself) is a mental-emotional state of being first
determined within the battlefield of the mind.*



1.0 Why learn from “The Tao of Athletic Success”?

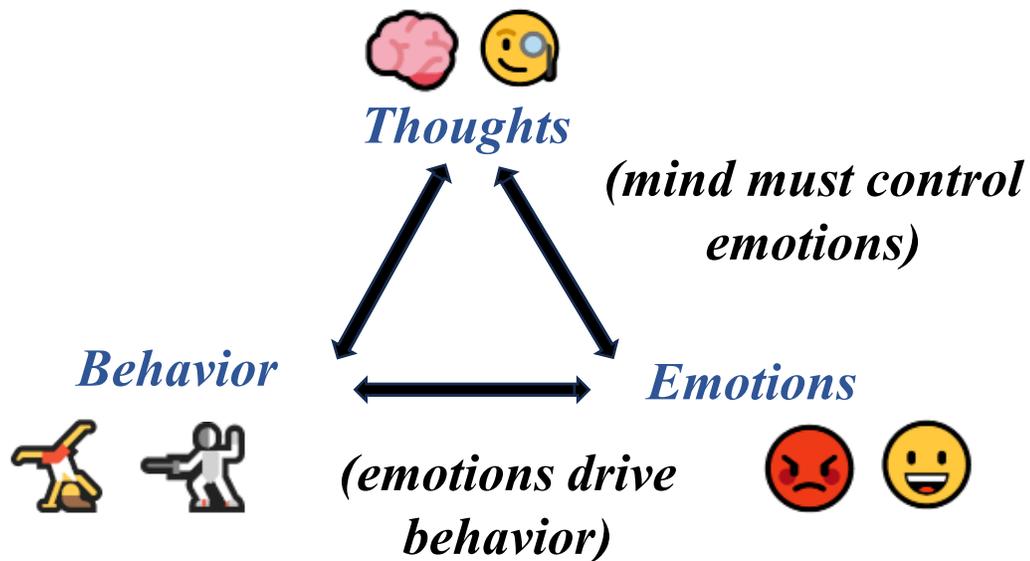


Do you want to trust your championship on a 3000-year-old horse drawn chariot?



Ben-Hur, 1959. Metro-Goldwyn-Mayer

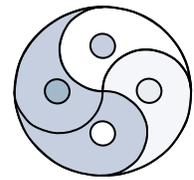
Today’s sports psychology is based on a 3000-year-old division, conflict, and control language where...



... the masculine mind must control and reign over the dangerous and feminine emotional body that drives destructive behavior.



1.0 Why learn from “The Tao of Athletic Success”?

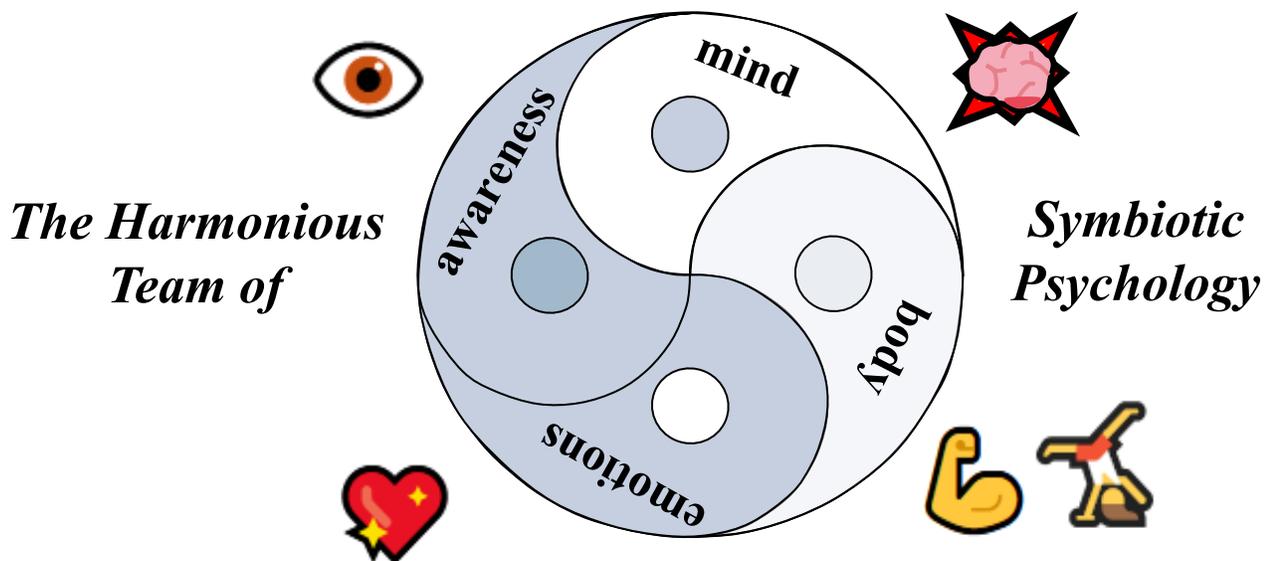


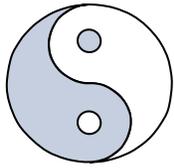
Trust your championship to an ultra-modern 1000 horsepower driven race car.



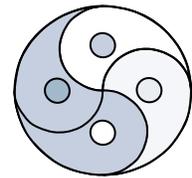
<https://www.imsa.com/news>

“The Tao of Athletic Success” is based on the modern mental-emotional language found within the evolutionary harmony and cooperation between mind, body, emotion, and awareness.

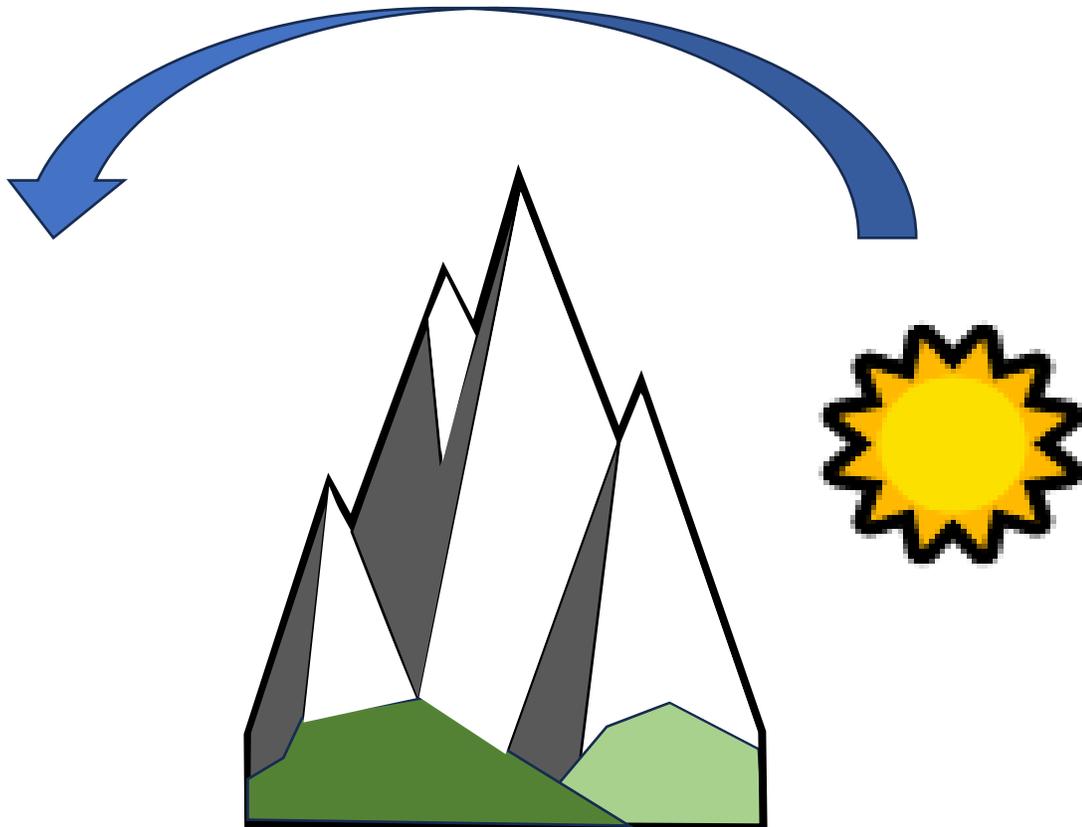




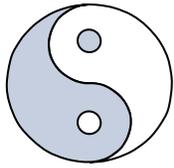
*1.0 Why learn from
“The Tao of Athletic Success”?*



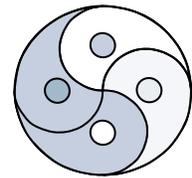
1.1 A New Mountain: The Mount Everest of The Tao



Imagine the movement of light and shadow on a mountain as the sun travels across the sky throughout the day.

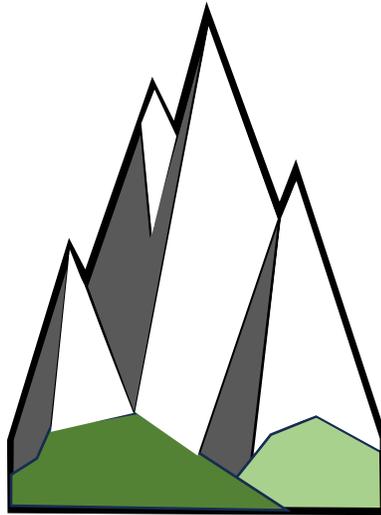


*1.0 Why learn from
“The Tao of Athletic Success”?*



1.1 A New Mountain: The Mount Everest of The Tao

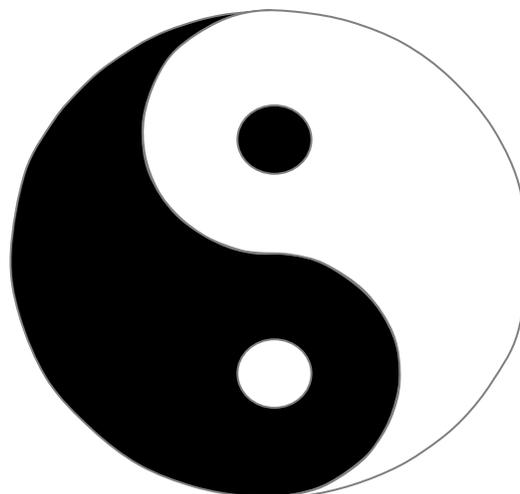
Shadow



Light

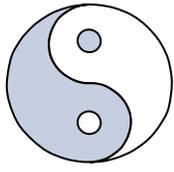
*I want you to see, understand, and feel this marvelous
and harmonious movement of light and shadow.*

*Yin
Shadow*



*Yang
Light*

*In the Tao, this harmony of light and shadow is
represented as YinYang.*



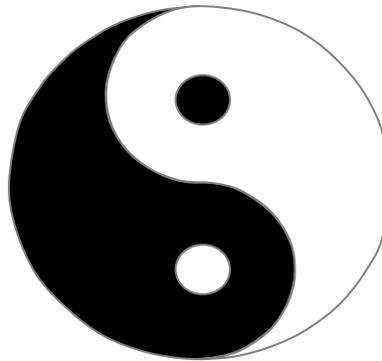
*1.0 Why learn from
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1.1 A New Mountain: The Mount Everest of The Tao

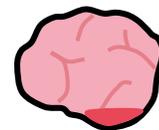
1) Yinyang is the symbiotic and harmonious movement and dance of light and shadow, masculine and feminine, mind and emotion.

*Yin
Shadow,
Feminine,
Emotions*



*Yang
Light,
Masculine,
Mind*

a. Mind (cognition) : mental activities of knowing and awareness;



includes thoughts, memories, beliefs, imaginings, sensory perceptions, and reason

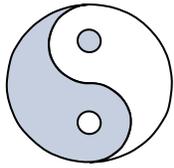
b. Emotions (plus moods, attitudes, and feelings):

they feel-good

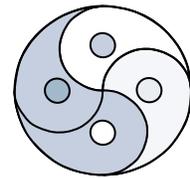


or they feel-bad.



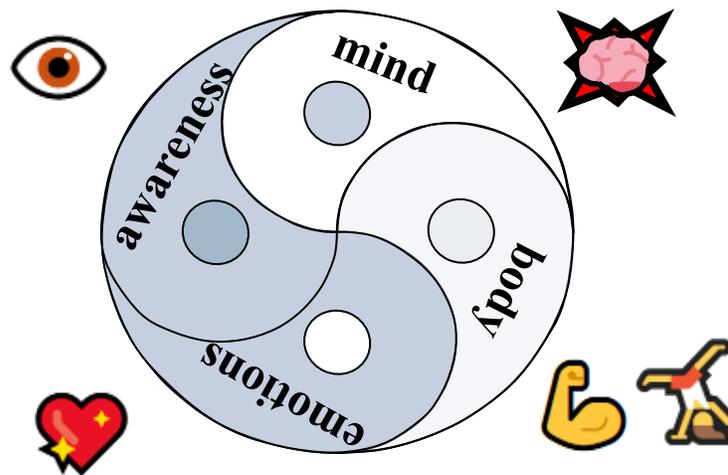


1.0 Why learn from “The Tao of Athletic Success”?



1.2 A New Mountain: Symbiotic Psychology

1) Symbiotic psychology is based on symbiotic synergy between mind, body, emotions, and awareness.

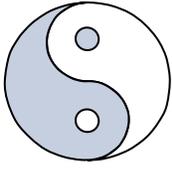


a. **Symbiotic:** when different and separate entities work harmoniously together for their mutual benefit.

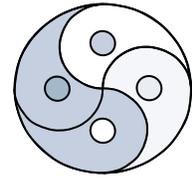


b. **Synergy:** when entities work harmoniously together and their output is more than the sum of their parts. 1+1 is more than 2...1+1 = 3, 4, 5 or even more.

$$\text{flexing arm} + \text{flexing arm} = \text{flexing arm} \text{ flexing arm} \text{ flexing arm} \text{ flexing arm} \text{ or more}$$



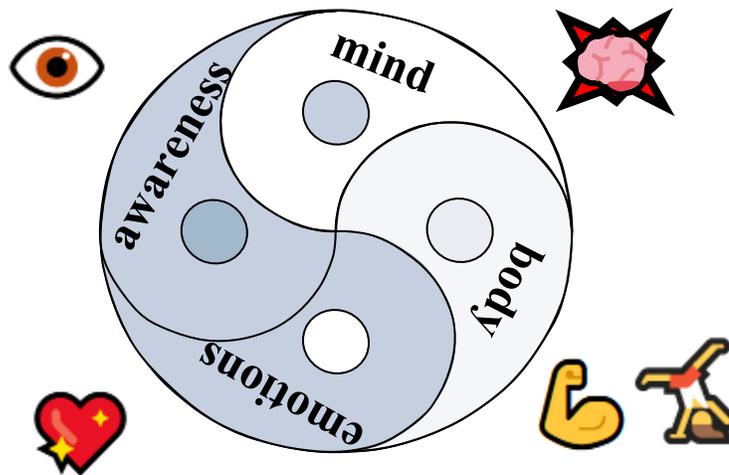
1.0 Why learn from “The Tao of Athletic Success”?



1.2 A New Mountain: Symbiotic Psychology

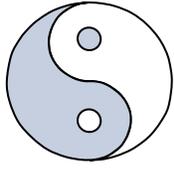
2) Symbiotic Sports Psychology

a. A new and exciting psychology of the evolved harmonious relationship between mind, body, emotions, and awareness founded in nature.

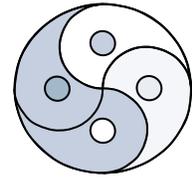


b. This relationship has evolved over millions of years of struggle, hardship, and conflict and the survival of the strongest, fastest, most agile and clever.

It is time to take back what modern civilization has taken away.



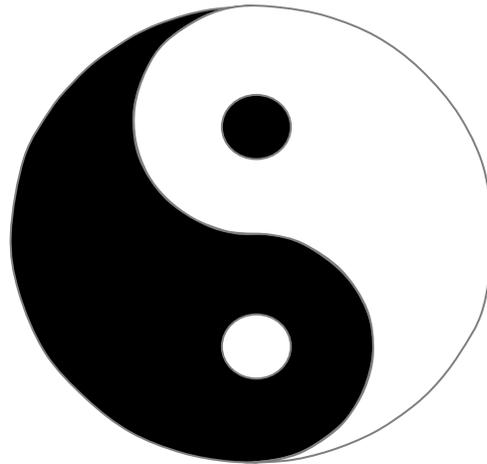
*1.0 Why learn from
“The Tao of Athletic Success”?*



1.2 A New Mountain: Symbiotic Psychology

3) We are in a new age of Symbiotic Psychology.

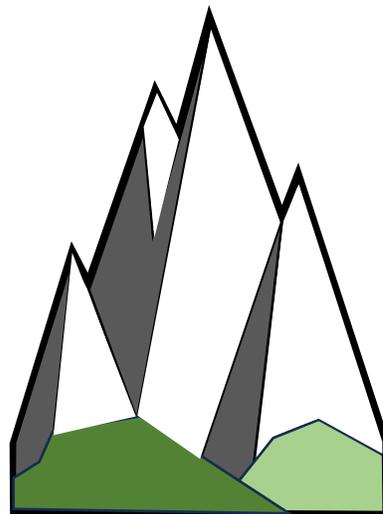
*Yin
Emotion*



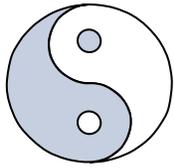
*Yang
Mind*

*The relationship between mind and emotion is a
harmonious movement and perpetual dance of
wonderous creation.*

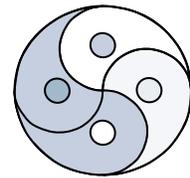
Shadow



Light



*1.0 Why learn from
“The Tao of Athletic Success”?*



1.2 A New Mountain: Symbiotic Psychology

4) understand and remember.....



a. Feeling-good emotional awareness evolved with (and correlates with) a strong, robust, and healthy physiology of the mind and body



conducive to health, well-being, and success.



b. Feeling-bad emotional awareness evolved with (and correlates with) a weak, frail, and unhealthy physiology of the mind and body

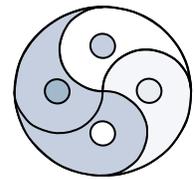


susceptible to illness, injury, and accidents.



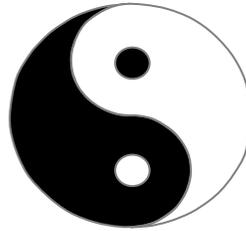


*1.0 Why learn from
“The Tao of Athletic Success”?*



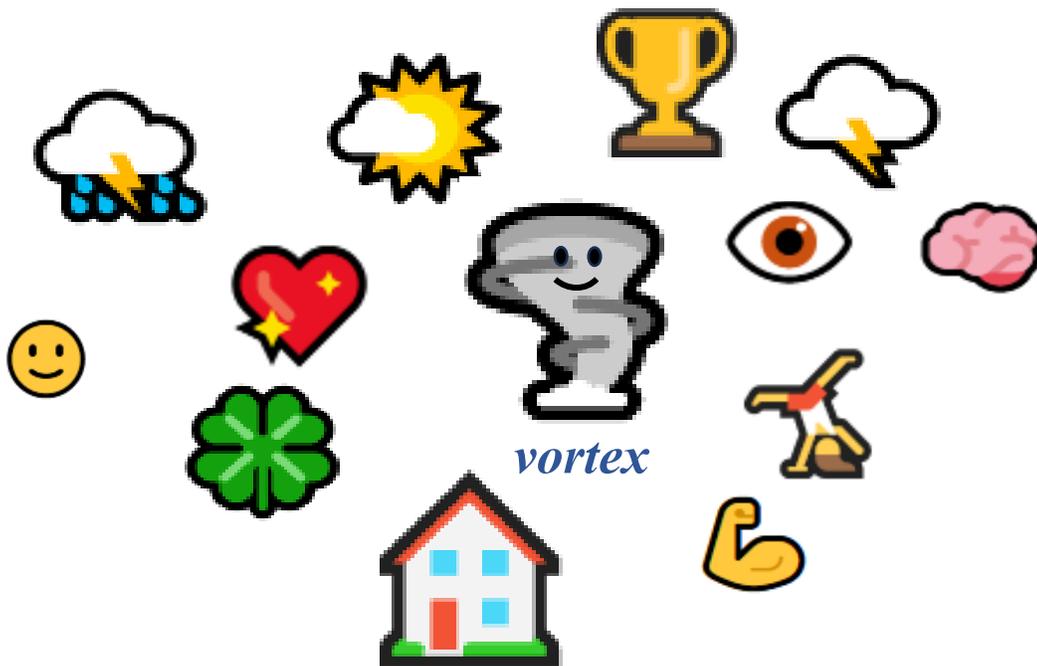
1.3 What is the state of your house?

*Yin
Shadow,
Feminine,
Emotions*

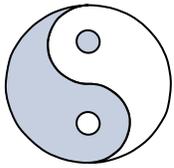


*Yang
Light,
Masculine,
Mind*

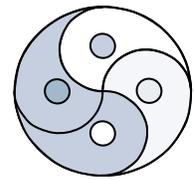
2) The player/team that, spites each “mishap” and maintains their good-feeling vortex and awareness on their want/desire/intent of success and victory will learn and even use each mishap to their benefit.



This is a “Mental-Emotional Good-feeling Challenge State of Being” where a player/team is challenged but not broken.

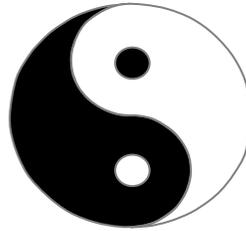


*1.0 Why learn from
“The Tao of Athletic Success”?*



1.3 What is the state of your house?

*Yin
Shadow,
Feminine,
Emotions*



*Yang
Light,
Masculine,
Mind*

3) The Yinyang Harmonious Flow State of Being

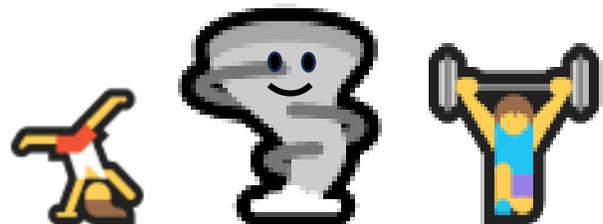
Sports’ “Top 10”

- a. Basketball: halfcourt buzzer beaters*
- b. Football: “Hail Mary”; Fumble/ Not Fumble, ball bounces back “home”*
- c. Golf: Eagle*
- d. Hockey: “Do you believe in miracles?”*
- e. Soccer: Bend it Like Beckham*
- f. Basketball: Shoot it Like Caitlan*

“It Happens”...



to....



“Make It Happen”

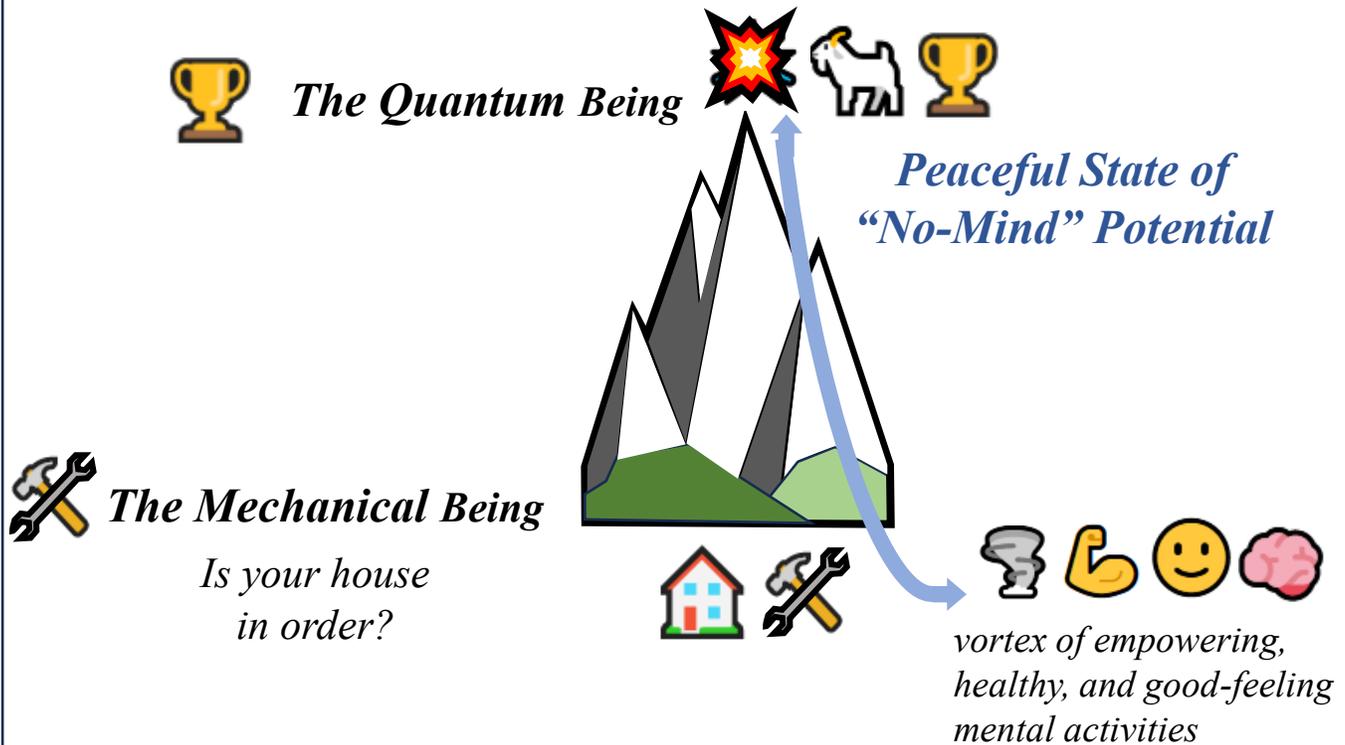
*Great athletes create their own luck.
They “make it happen”.*



1.0 Why learn from “The Tao of Athletic Success”?



1.4 The Quantum World and Energy Vibrations of Qi

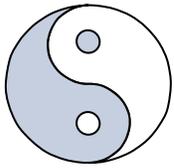


1.5 The Quantum Being

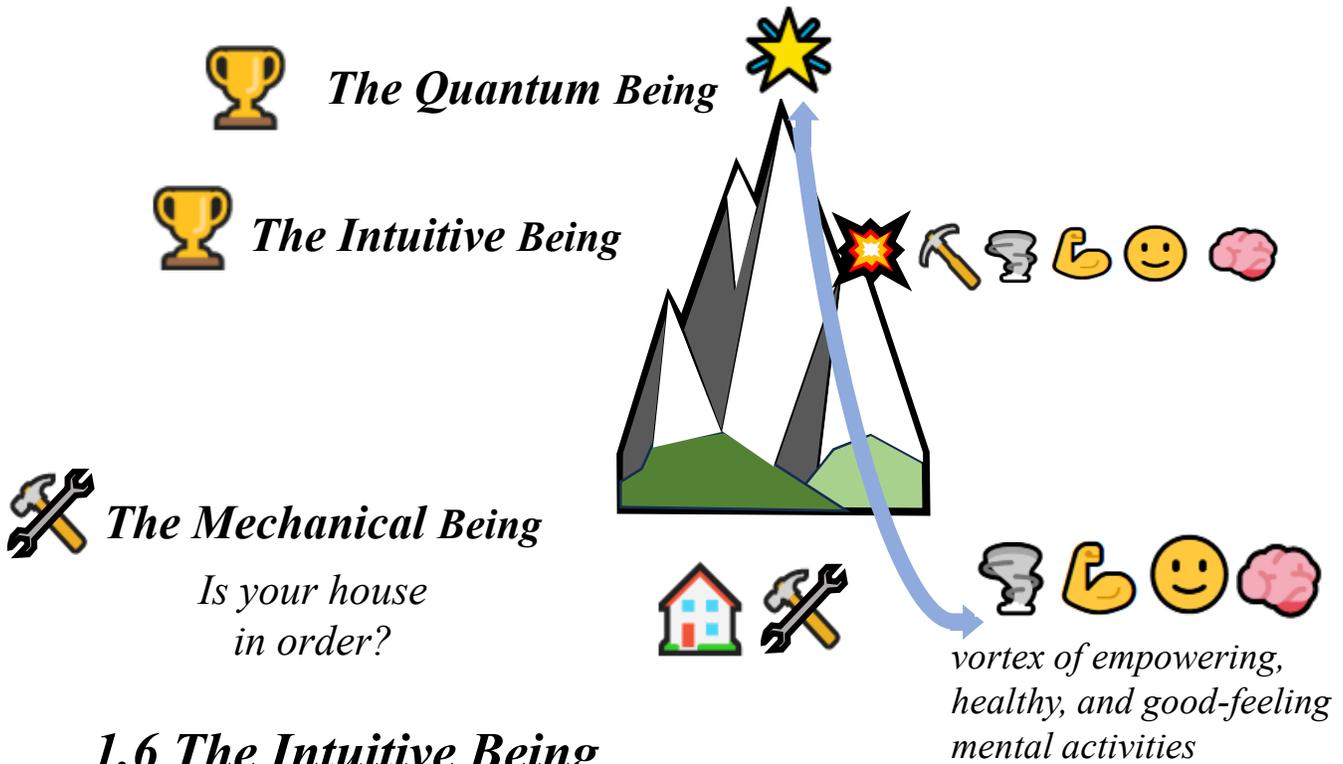
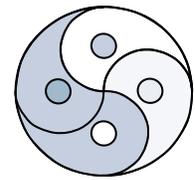
*There is no-mind to interfere with and slow down
“heightened and expanded awareness” and
“spontaneous explosive action”.*



*a state of pure potential where a person can successfully act
and re-act to..... anything and everything.*



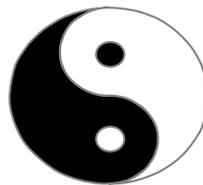
1.0 Why learn from "The Tao of Athletic Success"?



1.6 The Intuitive Being

And Intuitive Being must develop a high degree of mental emotional harmony to understand and know their own emotions and what their emotions speak.

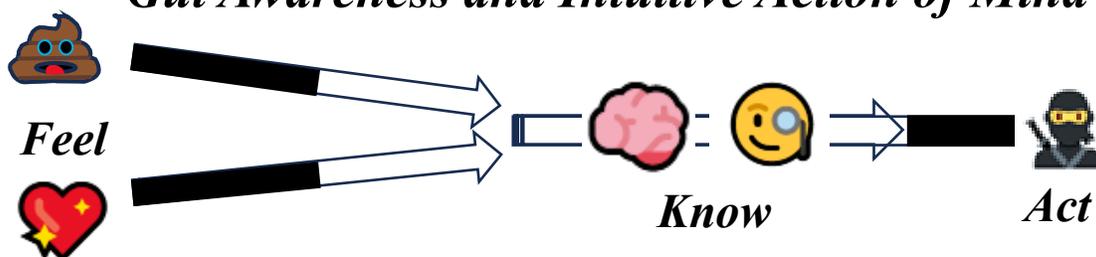
Yin
Emotion

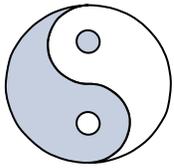


Yang
Mind

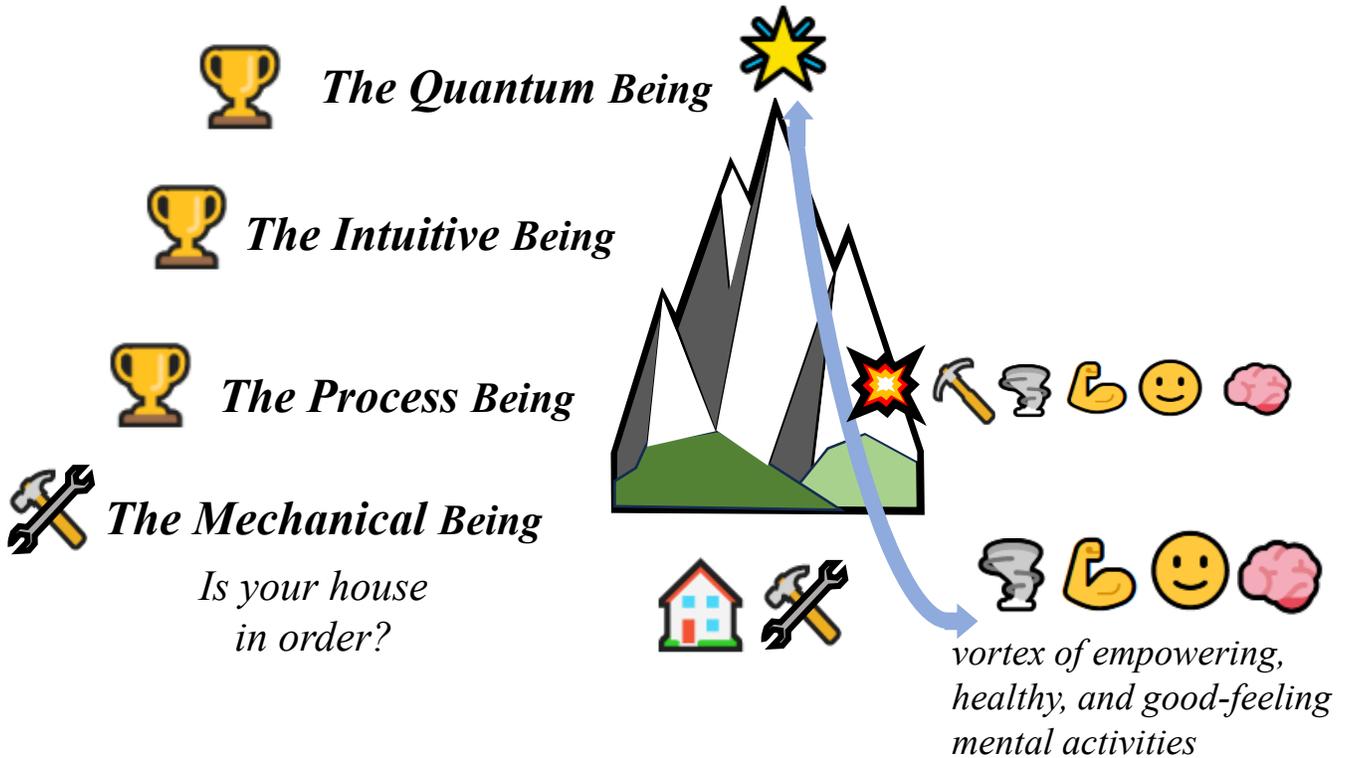
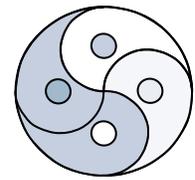
5.4 The Intuitive Being:

Gut Awareness and Intuitive Action of Mind





1.0 Why learn from "The Tao of Athletic Success"?



1.7 The Process Being of Action

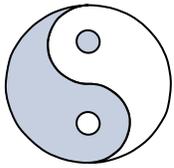
Learning how to physical act and move in the synergistic harmony between mind, body, emotions, and awareness.



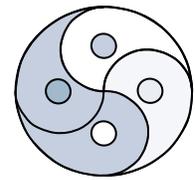
The Actuation Process of Success

When you stop trying, when you stop doing, when you allow..... It Happens.

"Don't do It... Allow It."



1.0 Why learn from "The Tao of Athletic Success"?



The Quantum Being



The Intuitive Being

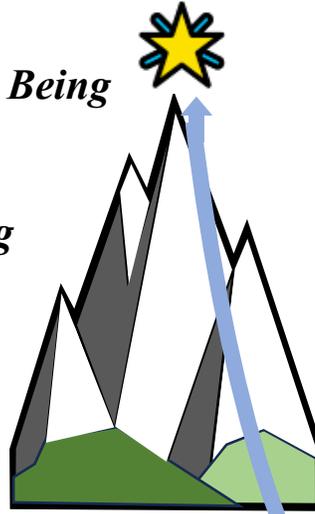


The Process Being



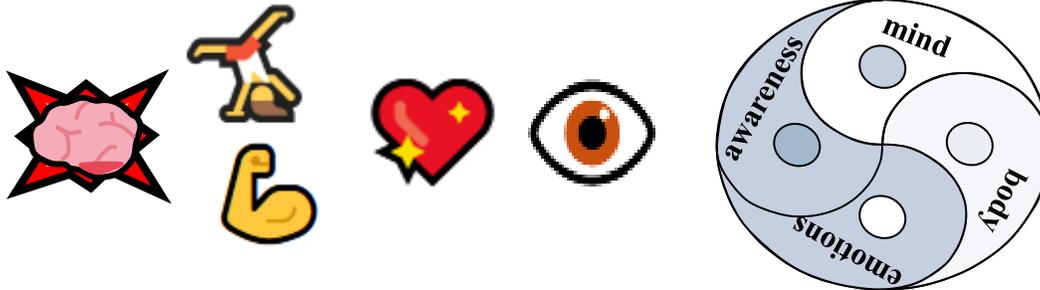
The Mechanical Being

Is your house in order?



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

1.8 Is Your House in Order?

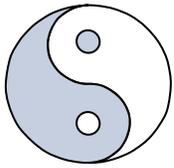


1) The symbiotic synergy between mind, body, emotions, and awareness as a working team.

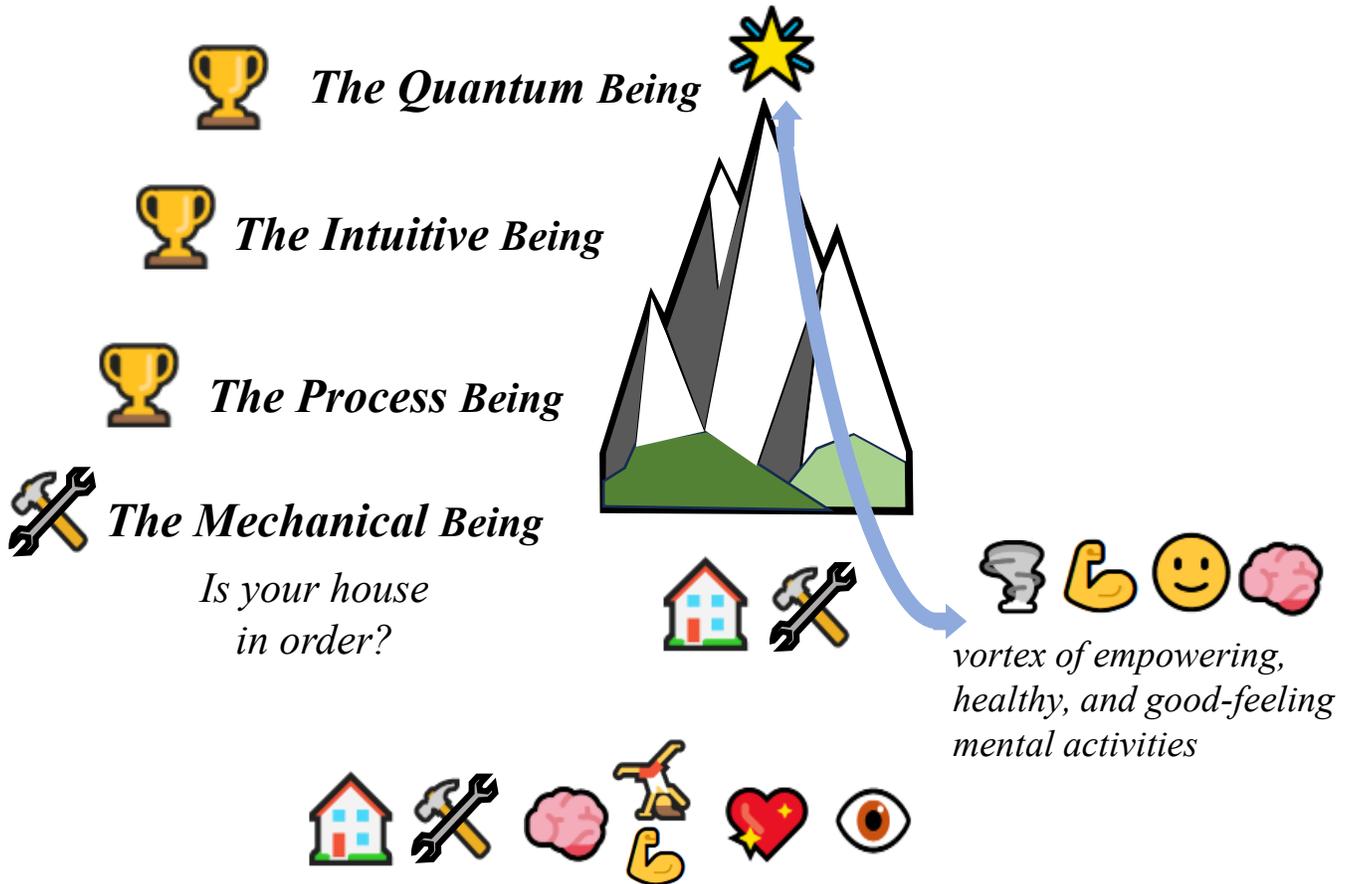
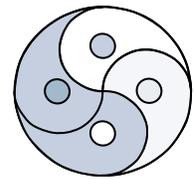
"Practice is 90% physical, 10% mental. Competition reverses those numbers to 90% mental, 10% Physical."

And emotions? What about emotions?

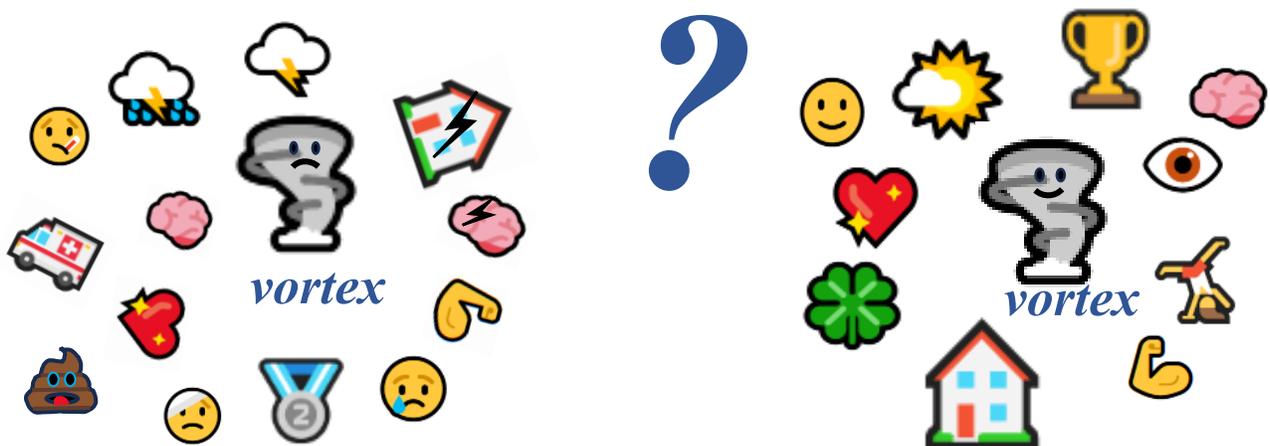
What strength and conditioning exercises does an athlete have for developing their mental-emotional body?



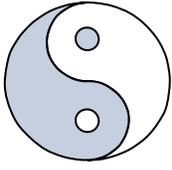
1.0 Why learn from "The Tao of Athletic Success"?



2) Is your mental-emotional "house" ready to ascend Mt. Everest of the Tao?



What happens to those who ascend Mt. Everest before they are properly prepared?



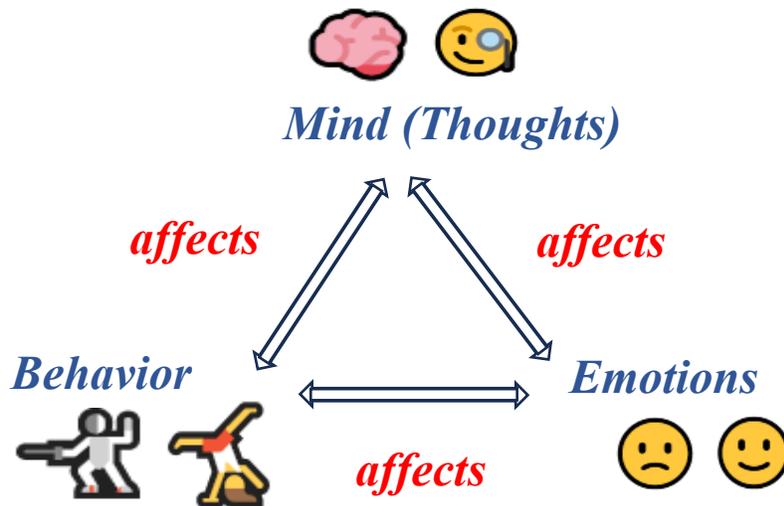
1.0 Why learn from “The Tao of Athletic Success”?



1.9 Today’s Sports Psychology of Conflict, Control, and Sabotage. The “Cognitive Triangle”

(cognition: the process of awareness and knowing including thoughts, memories, belief, imaginings, perceptions, and reason.)

The “Cognitive Triangle”

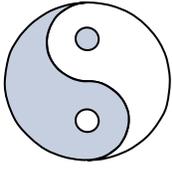


Mind, emotions, and behavior all affect each other.

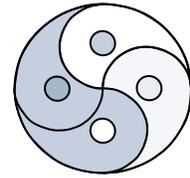
- 1) **Based on a 3000-year-old literary thought process of emotionally driven behavior needing mental control.**

Homer’s “Iliad”

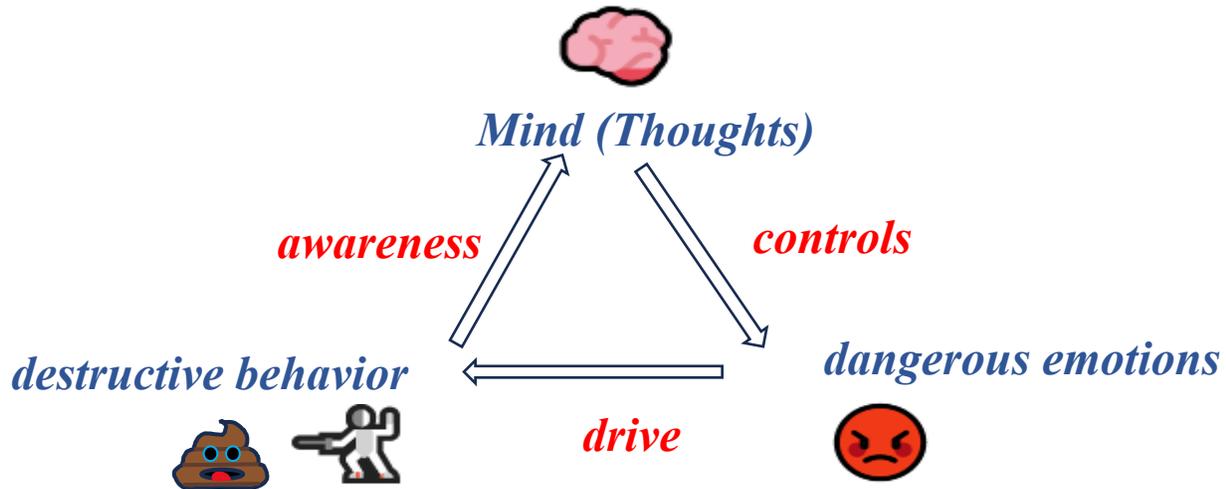
“Goddess, sing me the anger of Achilles, Peleus’ son, that fatal anger that brought countless sorrows on the Greeks and sent many valiant souls of warriors down to Hades, leaving their bodies as spoil for dogs and carrion birds: for thus was the will of Zeus brought to fulfilment” (Homer, 800-700/2009).



1.0 Why learn from “The Tao of Athletic Success”?



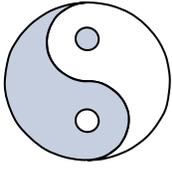
1.9 Today’s Sports Psychology of Conflict, Control, and Sabotage. The “Cognitive Triangle”



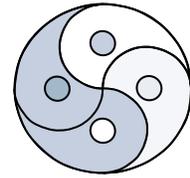
- a. *Achillies’ anger brought countless sorrows upon the Greeks*
- b. *Achillies’ anger sent many souls to hades*
- c. *Emotionally driven behavior*
 - i. *Dangerous emotions can drive destructive behavior*
 - ii. *Emotions must be controlled, regulated, and managed by mind.*



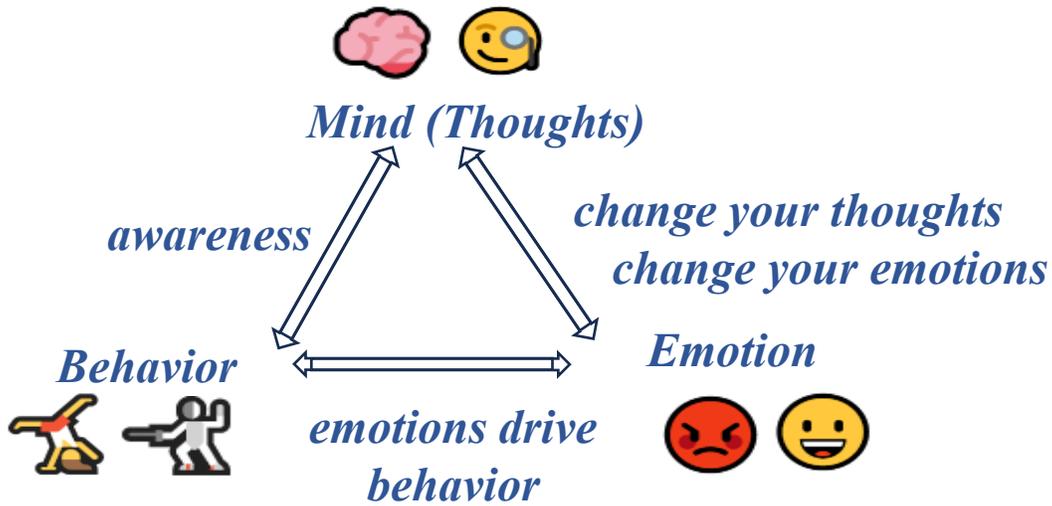
Today’s psychology of conflict, control, and separation is founded within a 3000-year-old belief that the masculine mind must control the feminine emotional body because “dangerous emotions drive destructive behavior.



1.0 Why learn from “The Tao of Athletic Success”?

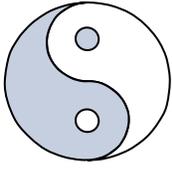


1.9 Today’s Sports Psychology of Conflict, Control, and Sabotage. The “Cognitive Triangle”

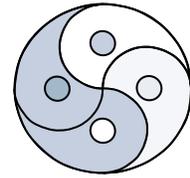


The outdated “cognitive triangle” construct ignores:

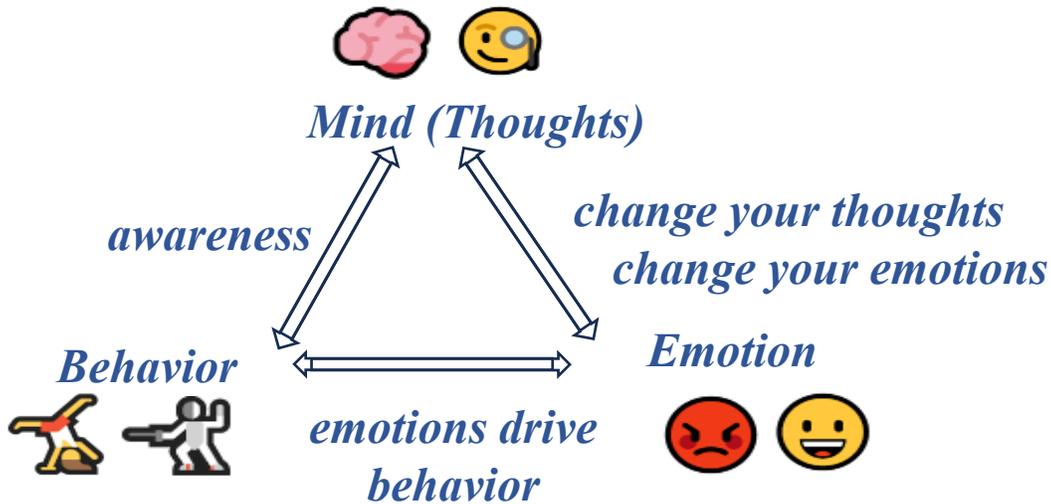
- a. Changes and states of neurology and biochemistry that actually drive the body.  
- b. Brains capacity to orchestrated these changes and states of physiology  
- c. Emotions as the perception of changes and states of physiology 
- d. Evolutionary importance of feeling-good or bad  
- e. Evolutionary symbiotic harmony and cooperative synergy between mind, body, emotions and awareness. 



1.0 Why learn from "The Tao of Athletic Success"?



1.9 Today's Sports Psychology of Conflict, Control, and Sabotage. The "Cognitive Triangle"



4) **Big Problem: mental activities of the mind, not emotion, cause the changes and states in neurology, biochemistry, and physiology that drives behavior**

a. *Should be talking about dangerous mental behavior and mental dysfunction and*

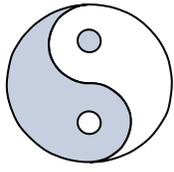
b. *The mind, not emotion, must be controlled, regulated and managed.*



Mental activities causes changes in the brain and body that drives behavior.

Emotions are an awareness of these changes and states in the brain and body.





1.0 Why learn from “The Tao of Athletic Success”?



5) “Mental toughness”, “mindfulness”, and “short memory” training of today’s sports psychology leads to:

a. *an athlete failing to respond or react to emotional awareness and **not responding to good or bad-feelings.***



i. *ignoring emotional evolution*

1) *Feels-good: healthy physiology*



2) *Feels-bad: unhealthy physiology*

b. ***not developing the necessary skills to re-process, re-structure, and re-develop:***

i. *unhealthy and bio-chemically imbalanced physiology to*



ii. *healthy and bio-chemically balanced physiology*

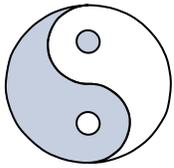


c. *exercising, reinforcing, and **developing an unresponsive mental-emotional body that sabotages evolutionary intuitive and instinctive behavior.***



d. ***ignoring, camouflaging, and suppressing an emotionally bad-feeling, unhealthy physiology of a body susceptible to illness, injury, and accidents!***

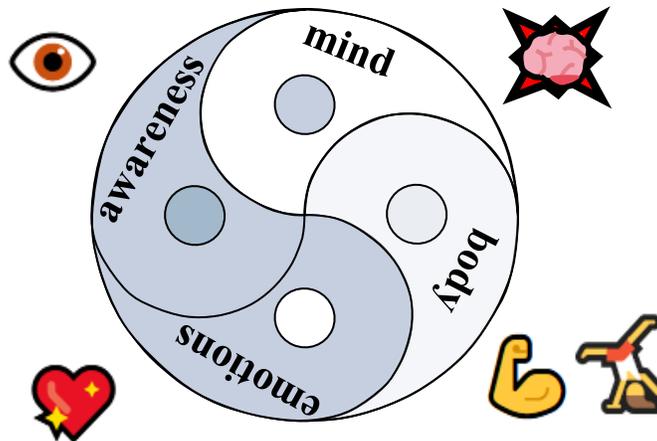




1.0 Why learn from “The Tao of Athletic Success”?



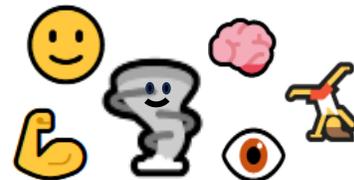
1.10 Symbiotic Sports Psychology: Evolved Harmonious Relationship Between Mind, Body, Emotions, and Awareness



1) Importance of emotions and body awareness:

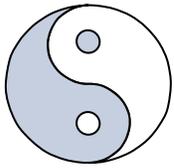


a. *Good-feeling emotions, moods, and attitudes correlate with a strong, healthy, and robust physiology of the brain and body.*

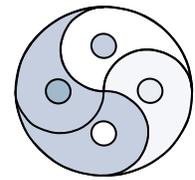


b. *Bad-feeling emotions, moods, and attitudes correlate with a weak, unhealthy, and frail physiology of the brain and body.*

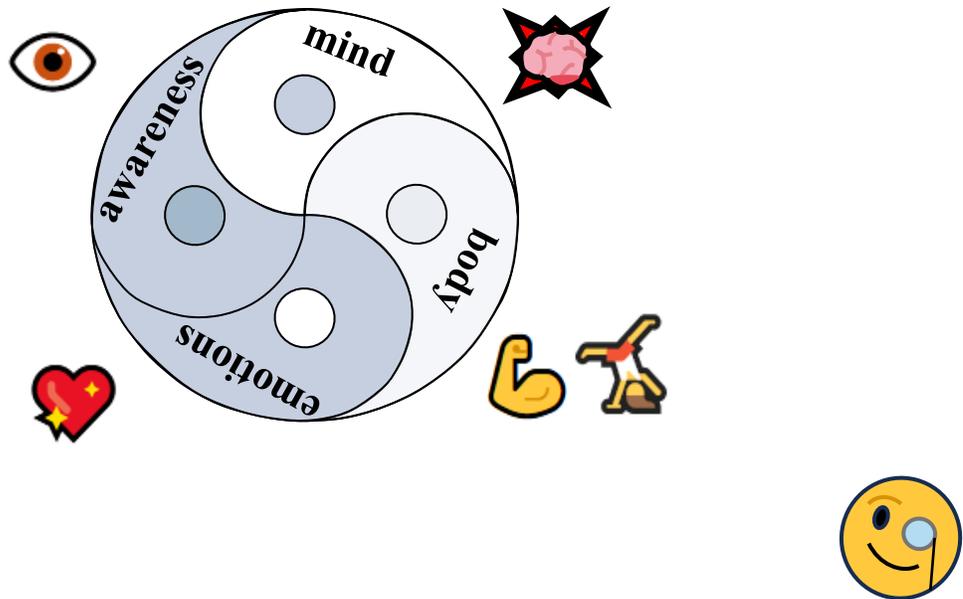




1.0 Why learn from “The Tao of Athletic Success”?



1.10 Symbiotic Sports Psychology: Evolved Harmonious Relationship Between Mind, Body, Emotions, and Awareness



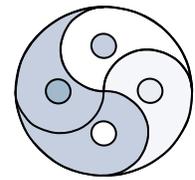
2) Importance of mind, body and emotion awareness

a. *Good and bad-feeling emotional awareness can be used to guide bad-feeling unhealthy mental activities towards good-feeling healthy mental activities*





1.0 Why learn from “The Tao of Athletic Success”?



1.11 Symbiotic Sports Psychology and Coaching: bringing together the traditional and the new.

1) *The traditional-coaching of mind and body development within a Newtonian World of force vs. force, power vs. power, and body vs. body,*



AND

2) *a new-coaching of mind, body, emotions, and awareness within Quantum World of knowing vs. knowing, energy vs. energy, where developing and maintaining the good-feeling emotional and mental vibrational energy of Qi means success*



AND



3) *training towards Quantum Being*



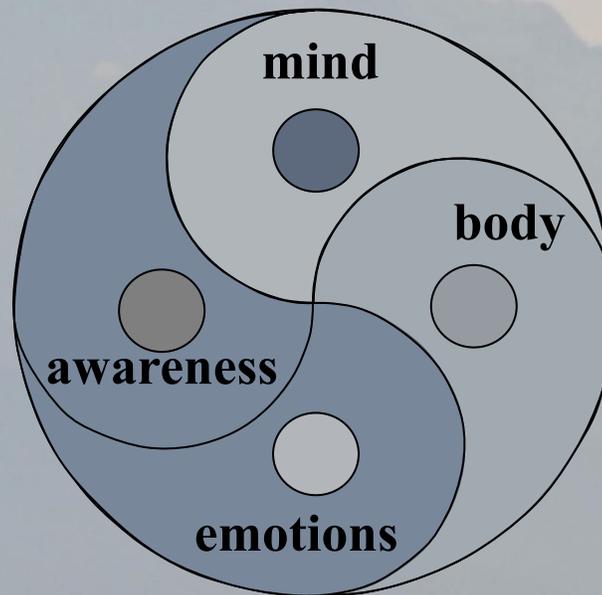
*Mindless
Heightened and
Expanded Awareness*

*Peaceful State of
“No-Mind” Potential*

*Mindless
Instantaneous and
Explosive Action*



*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



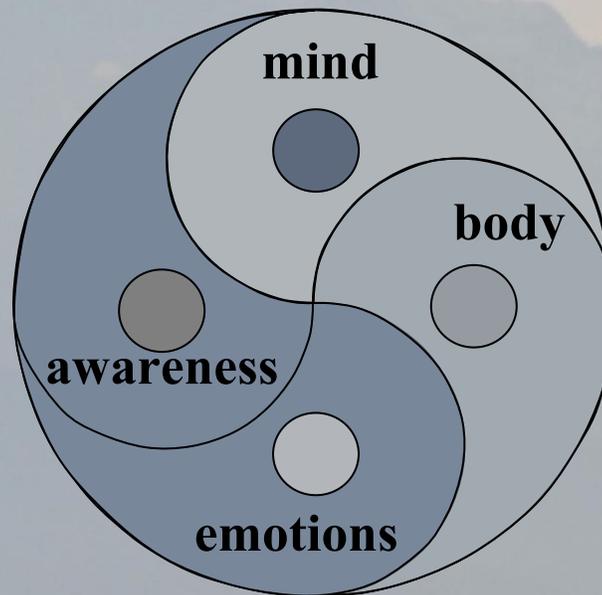
*An athlete's symbiotic synergy between mind,
body, and emotional awareness has evolved over
millions of years of survival of the fittest, most
powerful, strongest, and agile of bodies as well as
survival of the most clever, creative, and cunning
minds that ever have lived on this planet.*

Your evolutionary heritage is there.

It up to you to Be It!



*Success is a feeling-good,
mental-emotional healthy state of being.*



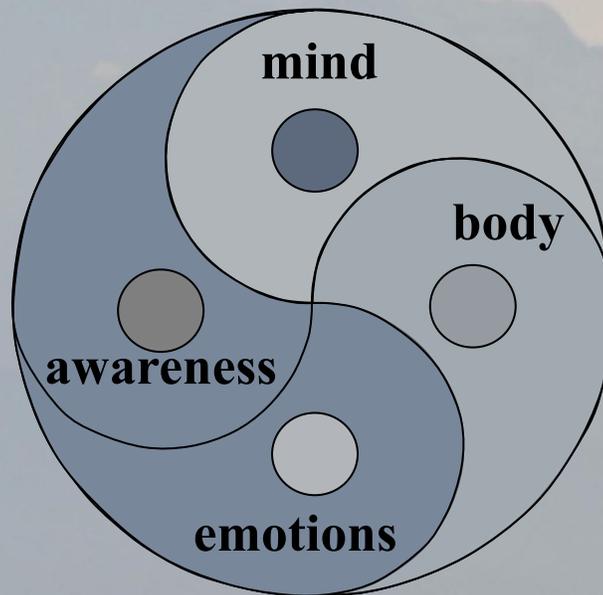
Be It!



A feeling-good, cultivated, healthy mental-emotional state of being is conducive to an athlete's evolutionary heritage of power, strength, and agility as well as to the cleverness, creativity, and cunning. A feeling-good mental-emotional healthy state of being is necessary for any Championship performance.



*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



A New Mountain

*To be a World Champion or an Olympic
Champion, or simply just to make a team, is
to be a World Champion or Olympic
Champion, or a team player on the Inside.
An athlete must “Be It” BEFORE they can
“See It”.*



Success is not trying

Success is not doing.

Success is being.

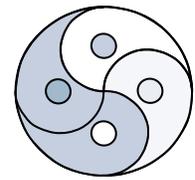
Success is a state of being.

Don't do it.

Be It!



1.0 Why learn from “The Tao of Athletic Success”?



“Introduction to “The Tao of Athletic Success Workout”

Part 1: Why learn from “The Tao of Athletic Success”?

Post-Test (Mark all that apply.)

- 1) When in a symbiotic team relationship:
 - a. each player is for themselves
 - b. different and separate entities work harmoniously together
 - c. everyone benefits
 - d. there is a team comradeship

- 2) When synergy develops, a team:
 - a. has a problem and needs a team meeting
 - b. is getting stronger:
 - c. they are greater than the sum of their parts
(1+1 is greater than 2; maybe 3, 4, or more)
 - a. has a greater capacity to succeed

- 2) Bad-feeling emotions, moods, attitudes and feelings have an evolved correlation with...
 - a) weakness
 - b) injury
 - c) poor decision-making
 - d) success

- 3) Negative, bad-feeling, and dangerous emotional awareness should be controlled, managed, and regulated with mental toughness.
 - a) True
 - b) False

- 4) The adrenalin boost from anger makes an athlete:
 - a) stronger
 - b) more successful
 - c) weaker
 - d) less successful

Ignorance is to speak of desire itself as the cause of suffering rather than understanding that it is the continual awareness upon the lack of that which is desired that is the cause of suffering.

Strength, speed, stamina, agility, cunning, and success come from positive, good-feeling emotions, moods, attitudes, and feelings when powerfully (and singularly) focused upon that which is wanted, desired, and intended.

2.0 The Quantum Being and Energy Vibrations of Qi



“Introduction to “The Tao of Athletic Success Workout”

Part 2: “The Quantum Being and Energy Vibrations of Qi”

Pre-Test (Mark all that apply.)

- 1) The Quantum Being is about
 - a) good and bad-feeling energy
 - b) a state of being in the heart
 - c) heart-centered mindless awareness
 - d) mindless action from a state of peace and well-being

- 2) Heightened awareness means:
 - a) need for a greater discipline to control mental activities
 - b) a necessity to attain and maintain feeling-good states of being
 - c) having a greater ability to choose when to act or not to act....
 - d) maintaining a greater harmony between mind, body, emotions, and awareness

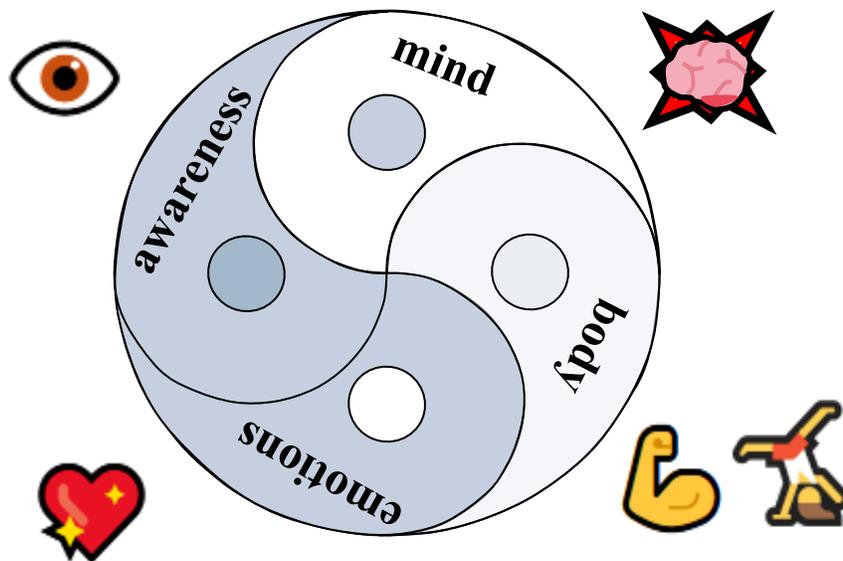
- 3) The outcome of a competition, or conflict in life itself, matches the mental-emotional state of being of:
 - a) the victor
 - b) the loser

- 4) Champions, in sport or in life, prevail because:
 - a) they have worked harder, longer, and more often
 - b) of their own cognitive-emotional reality
 - c) their projection of reality is dominant
 - d) their own reality prohibits the competition from seeing success

The Tao of Athletic Success Workout

Introduction Part 2

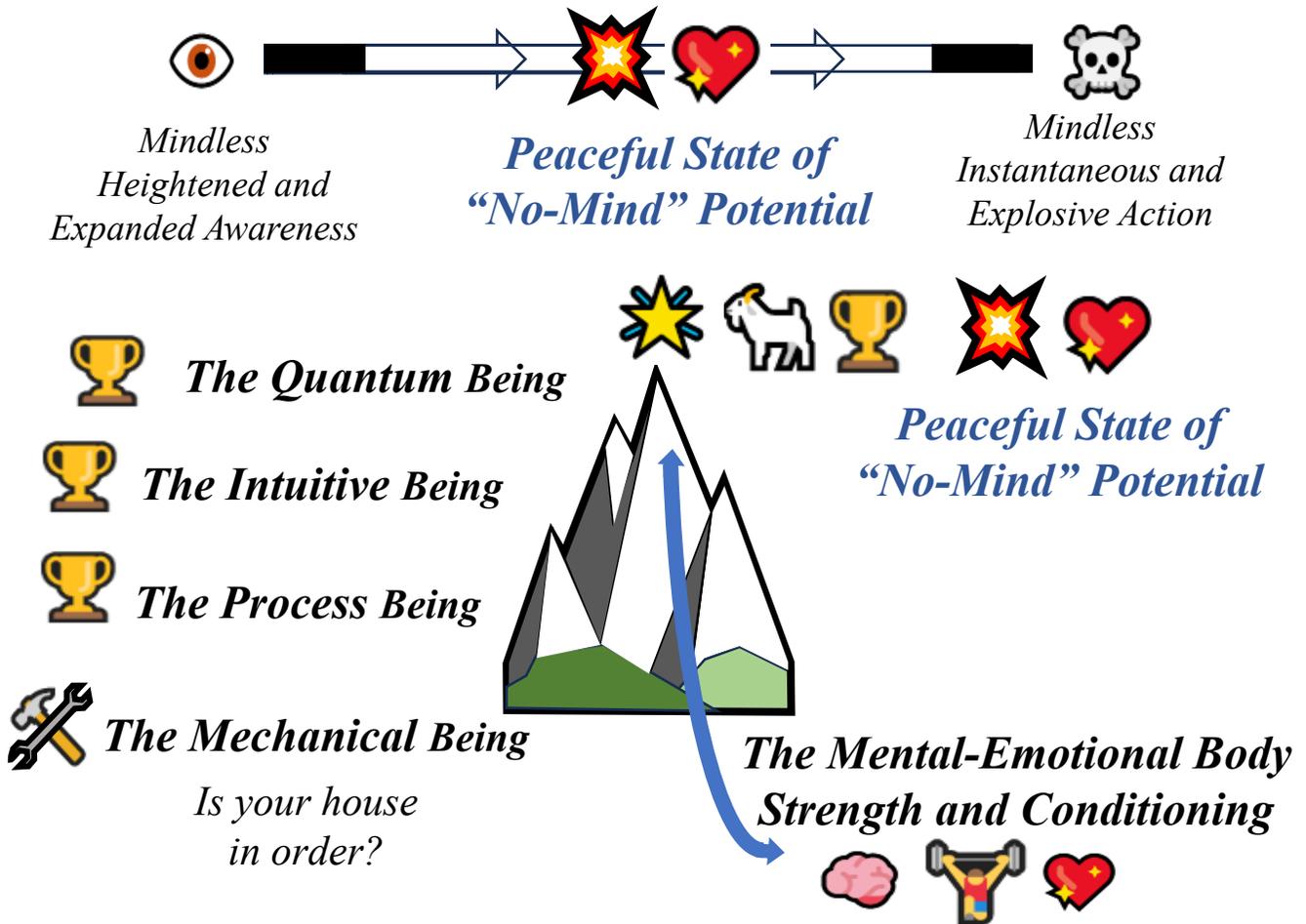
2.0 The Quantum Being and Energy Vibrations of Qi



*“The Tao of Athletic Success Workout”
Introduction Part 2 Video is available soon on YouTube*

*Success or failure in competition (or in
life itself) is a mental-emotional state of
being first determined within the
battlefield of the mind.*

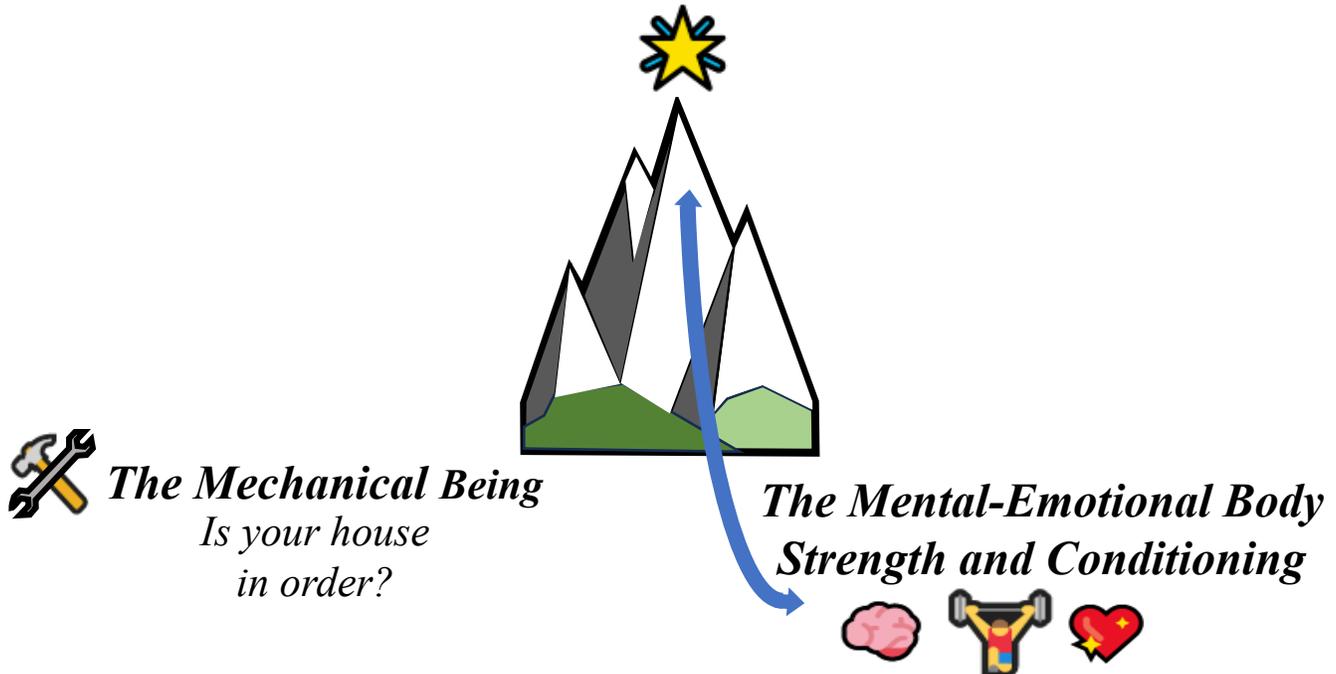
The Quantum Being and Energy Vibrations of Qi



2.1 Climbing Mount Everest of The Tao

- 1) The Quantum Being and Energy of Qi.*
 - a. "Peaceful State of "No-Mind" Potential"*
 - i. It is a state of "no-thought" centered in the heart*
 - ii. It is a subtle and silent mental-emotional attitude of supreme confidence and awareness.*
 - iii. There is not a convoluted, twisted, and blaring "mind" to interfere with and obstruct heart centered heightened and expanded awareness and spontaneous explosive action.*

2.0 The Quantum Being and Energy Vibrations of Qi



2.2 Is your mental-emotional body in shape?

- 1) *How strong is your mental-emotional body?*
 - a. *How good of condition is it in?*
 - b. *What does that even mean?*
 - c. *Mental-emotional strength and conditioning?*
- 2) *Mental-Emotional Body Strength and Conditioning Base Camp is for*
 - a. *Developing the tools, understandings, beliefs and the discipline to continually re-process unhealthy, bad-feeling mental activities towards better feeling and healthy activities.*

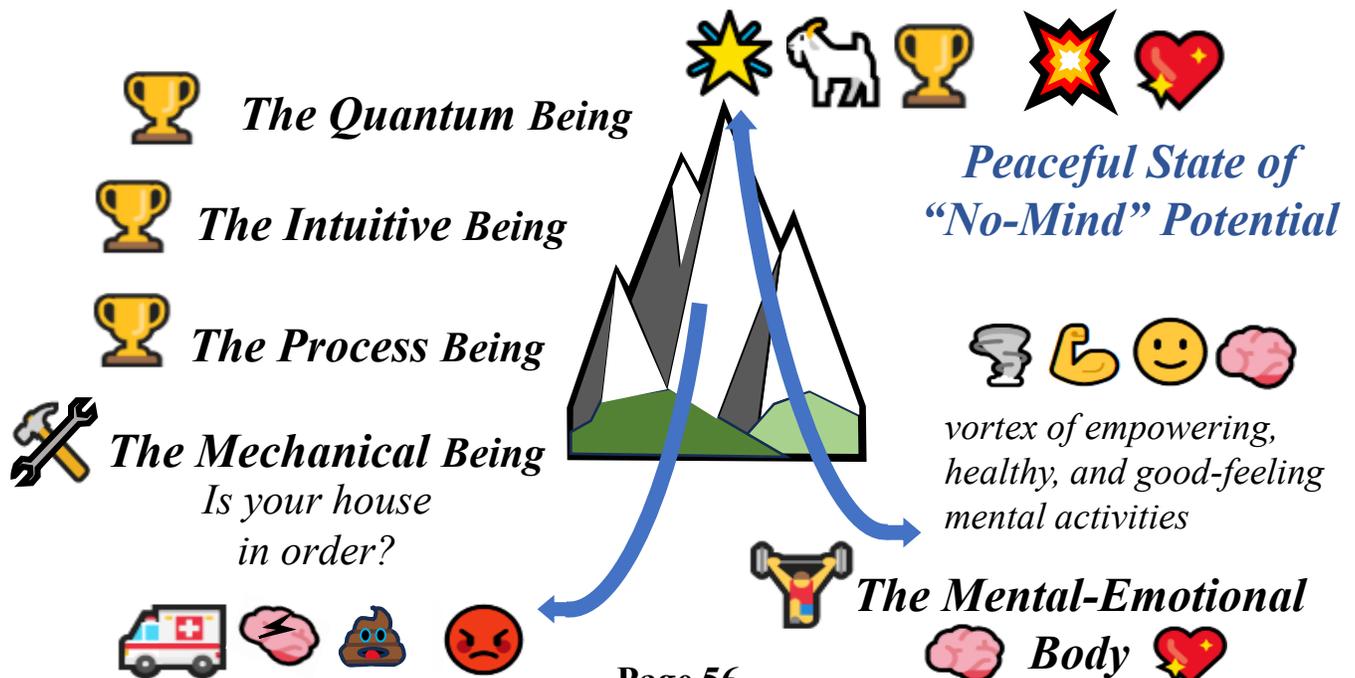
The Quantum Being and Energy Vibrations of Qi



2.3 Symbiotic Psychology and Coaching: Bringing 2 Schools of Athletic Coaching Together

- 1) *Newtonian World of Linear Time and Mass, Force, and a Mind of Strategic Mental Cunning*
 - a. *Body vs body: mass vs mass*
 - b. *Muscle vs muscle: force vs force*
 - c. *Mind vs Mind*

- 2) *Quantum World of 3D-Time and Energy Vibrations of Qi*
 - a. *Energy vs energy: vibration vs vibration*
 - b. *Knowing vs knowing, feeling vs. feeling.*
 - c. *In a world of allowing the free flow of energy from within a heart centered universe.*



An athlete's outward reality and experience of winning and losing are but a reflection of their inner state of mental-emotional being.

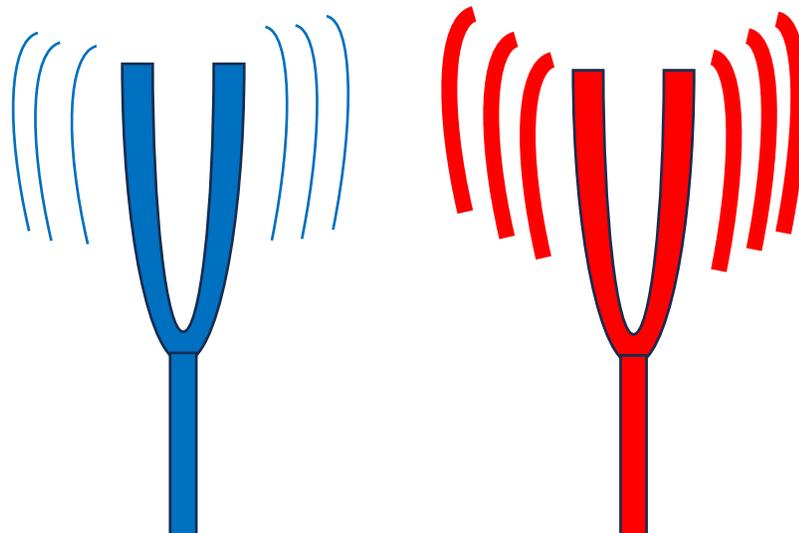
The Quantum Being and Energy Vibrations of Qi



2.4 The Cultivated Athlete: Success is a Vibrational State of being

*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.***

Principle of dominate resonance.



*Visualize: “I am the
winner of this match”*

*Intent: “I am the
winner of this match”*

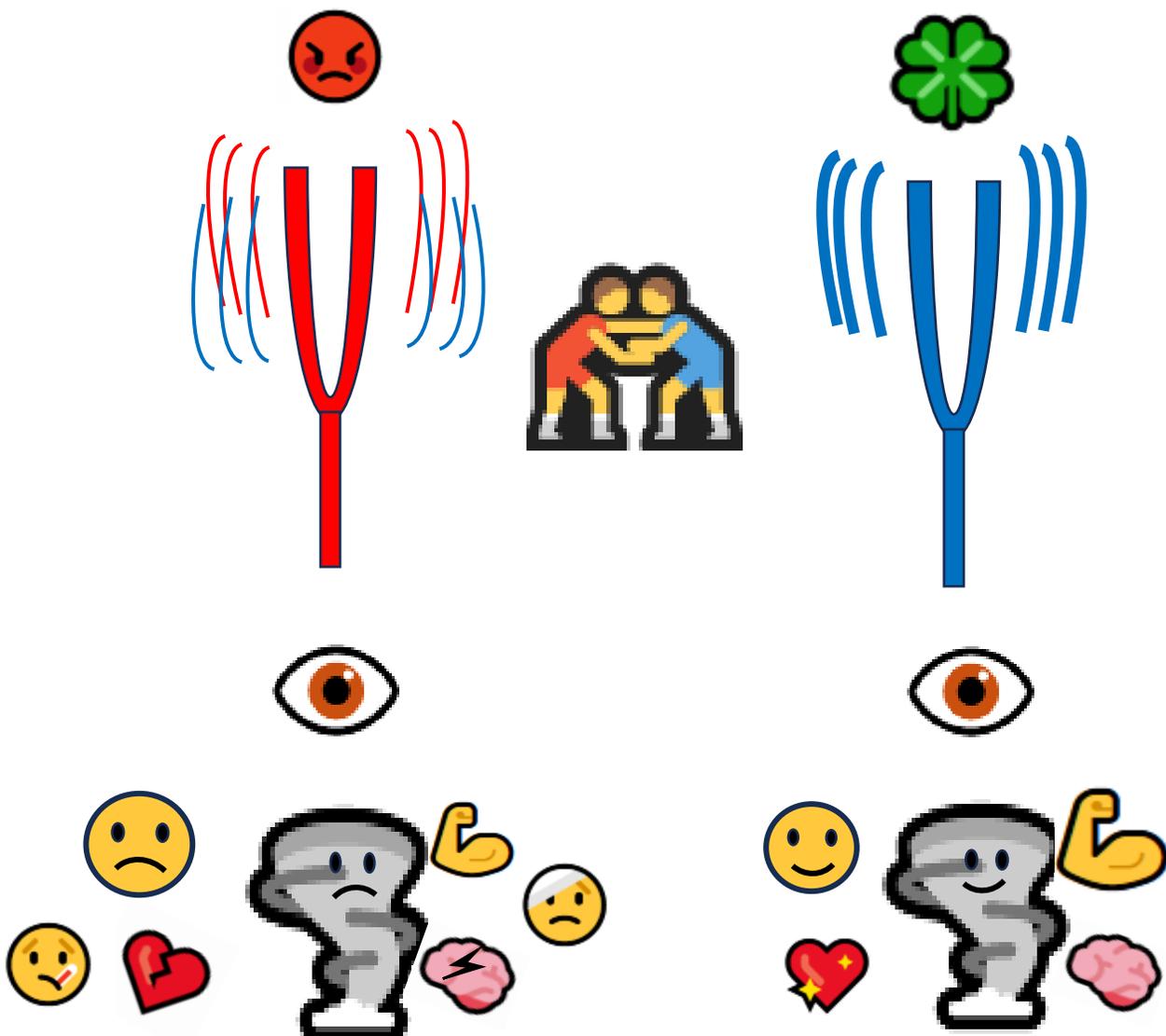
*Visualization gets you to the door.
Intent takes you through the door.*

The Quantum Being and Energy Vibrations of Qi



2.5 The outcome of a competition or conflict in life itself:

1) matches the mental-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.



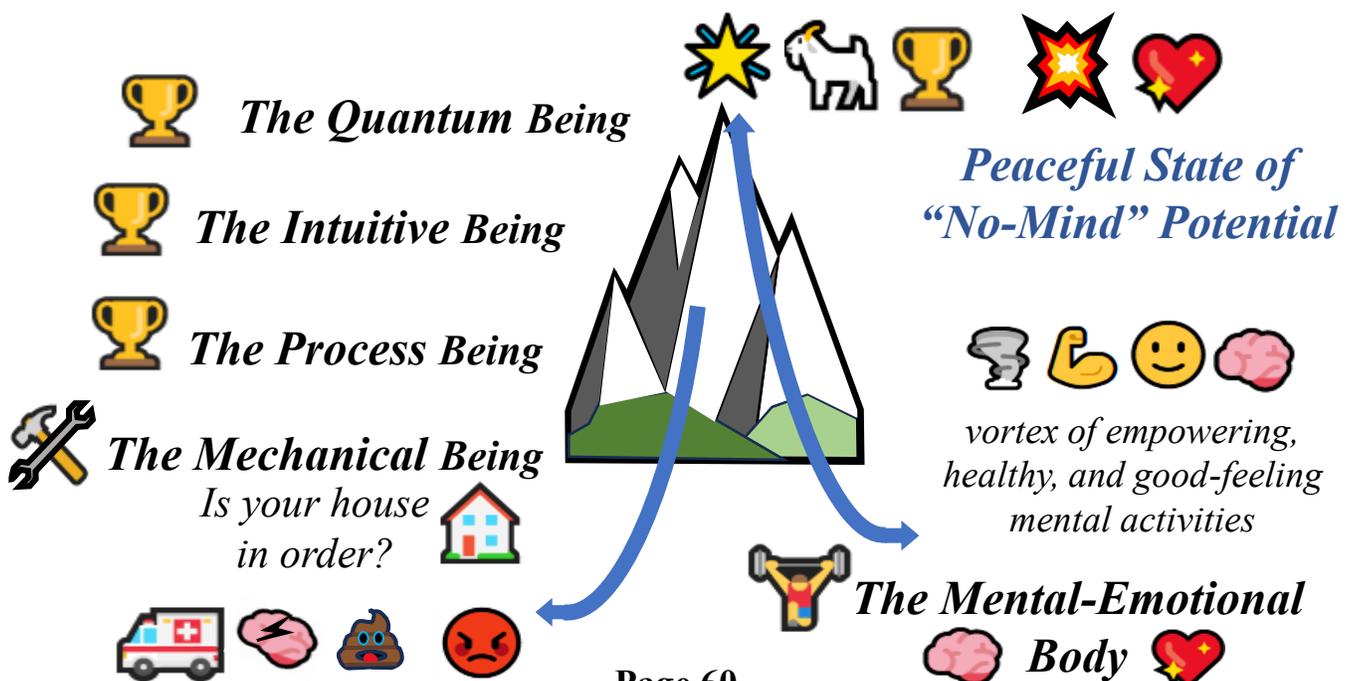
The Quantum Being and Energy Vibrations of Qi



2.6 Heart Centered "Peaceful State of 'No-Mind' Pure Potential"

*The mind must be quiet that one may hear.
Emotions must be peaceful that one may feel.
One can not act, if one is not aware.*

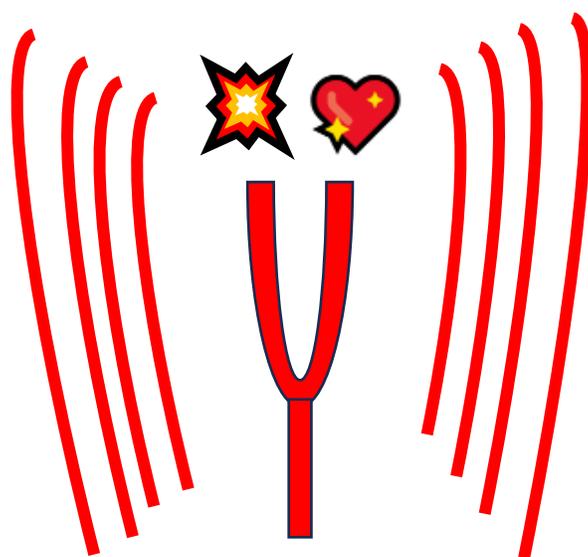
The Quantum Being perceives and acts within the rarefied vibrational subtleties hidden within the mental and emotional noise and confusion of an undisciplined mind jumping, bouncing, and meandering from object to object, from emotion to emotion lacking any direction, focus, or intent.



The Quantum Being and Energy Vibrations of Qi



2.7 We are vibrational, Quantum Beings that “reach” beyond the time and space of a “past, present, and future”.



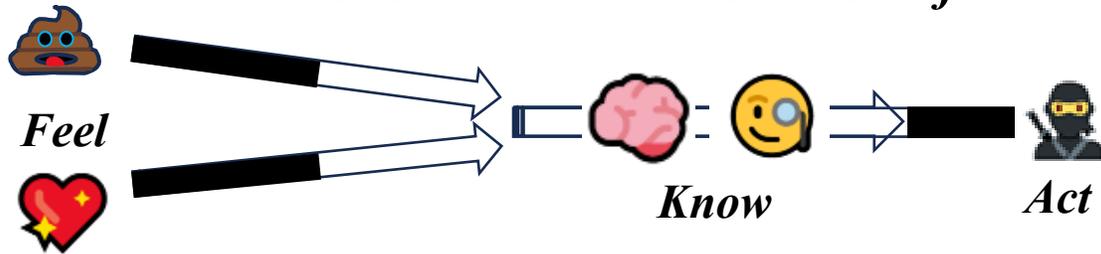
Feel It, Know It... It Is

Successful Want, Desire, and Intent

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.



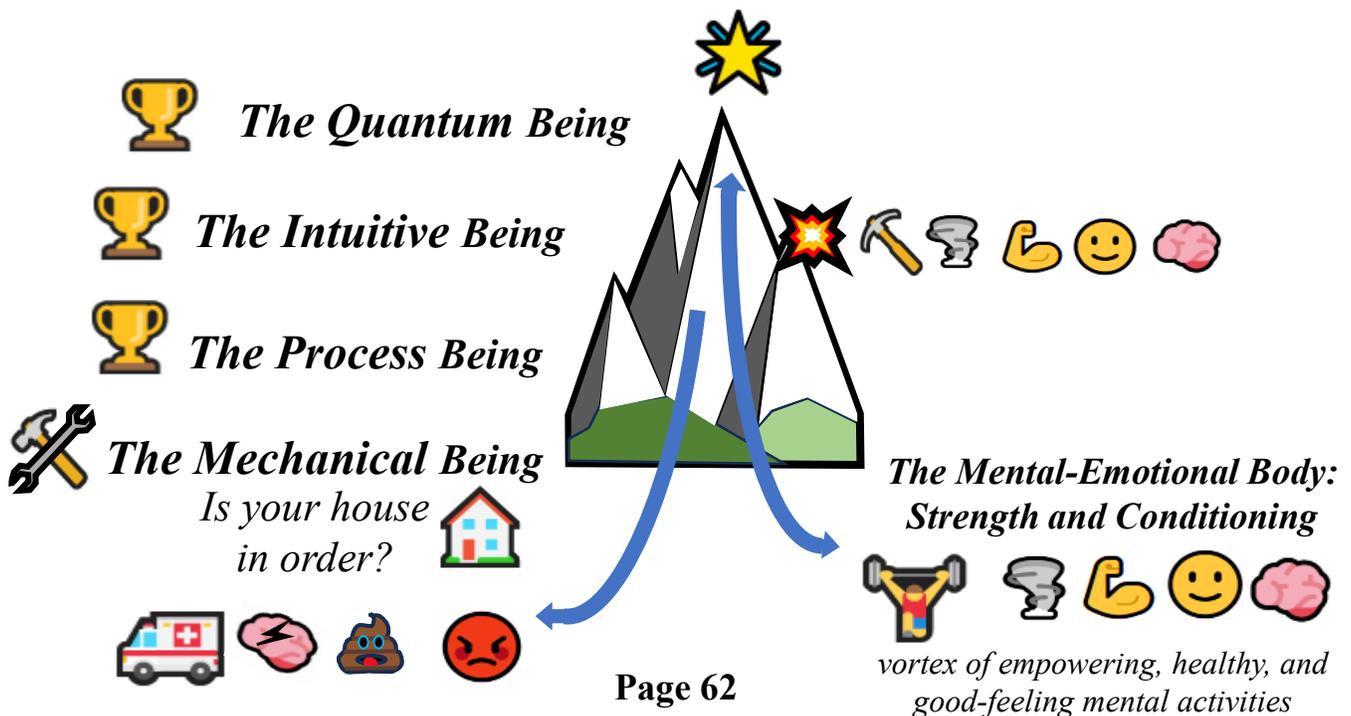
***The Intuitive Being:
Gut Awareness and Intuitive Action of Mind***



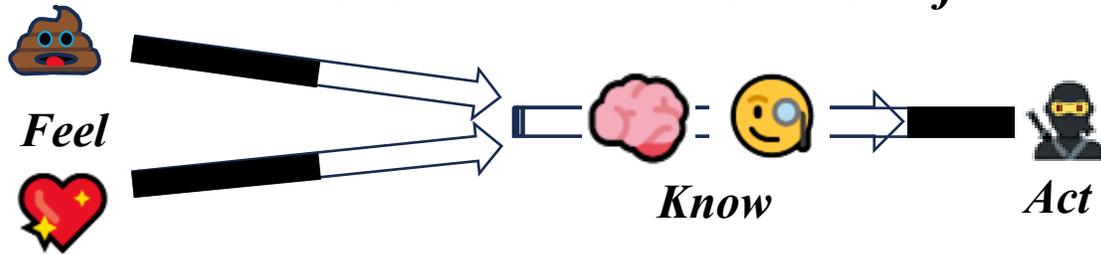
2.8 “The Intuitive Being: Gut Awareness and Intuitive Action of Mind!”

- 1) *An “Intuitive Being” acts from a feels-good place*
 - a. *of a knowing that “something FEELS off”*
 - OR**
 - b. *of a knowing that “this FEELS right”*

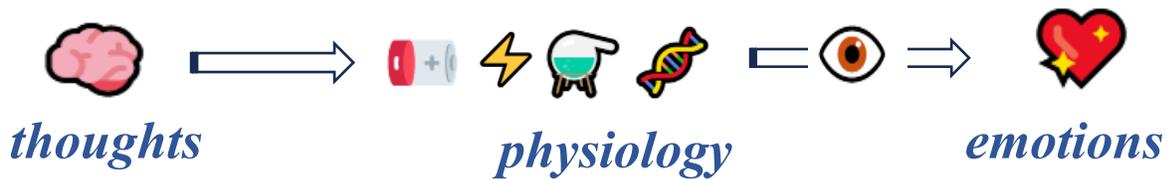
An athlete cannot act on good or bad-feeling gut awareness if they are in an unaware state of mental-emotional turmoil that will camouflage any subtle mental-emotional significance and meaning.



**The Intuitive Being:
Gut Awareness and Intuitive Action of Mind**



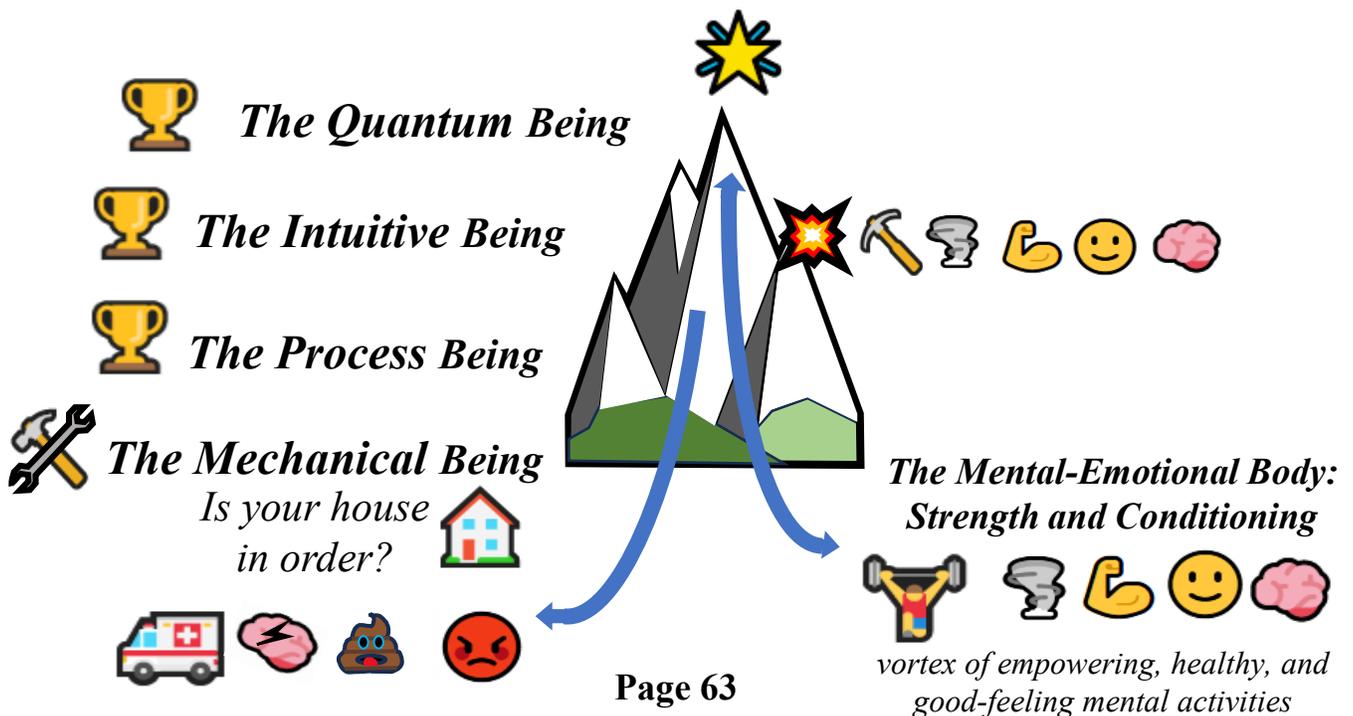
2) *Thoughts produce the physiology that is perceived as emotions...*



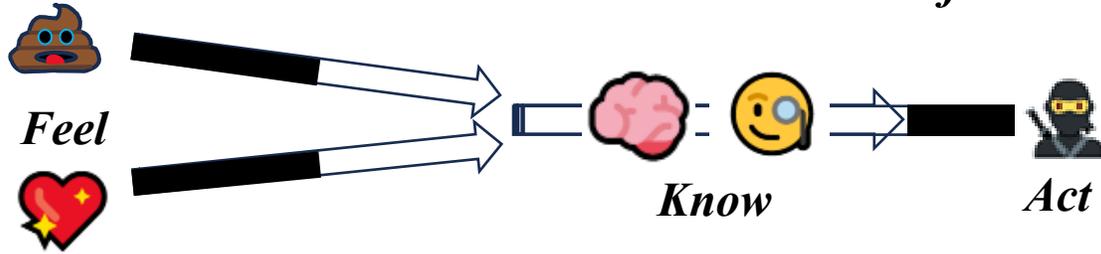
3) *Now feel the feeling.... What thoughts or awareness could have produced that feeling?*



4) *Skill comes with practice, trial and error....*

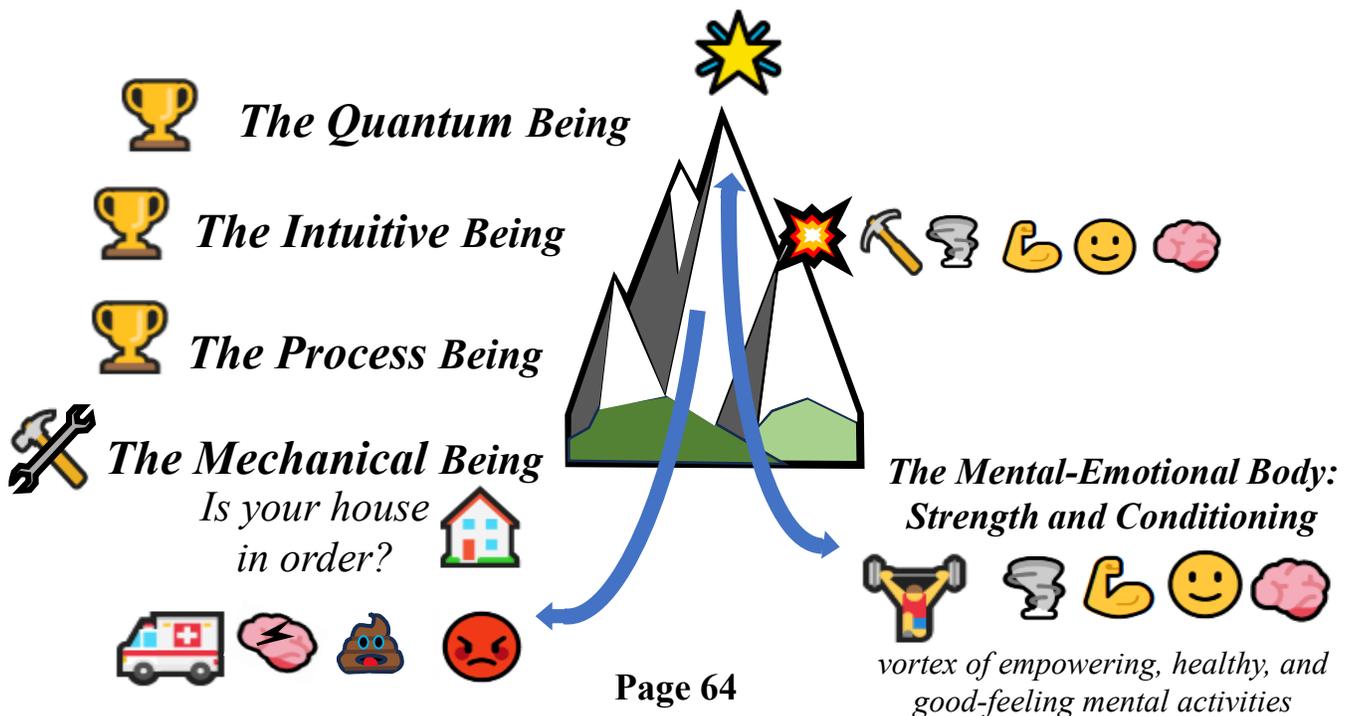


The Intuitive Being: Gut Awareness and Intuitive Action of Mind

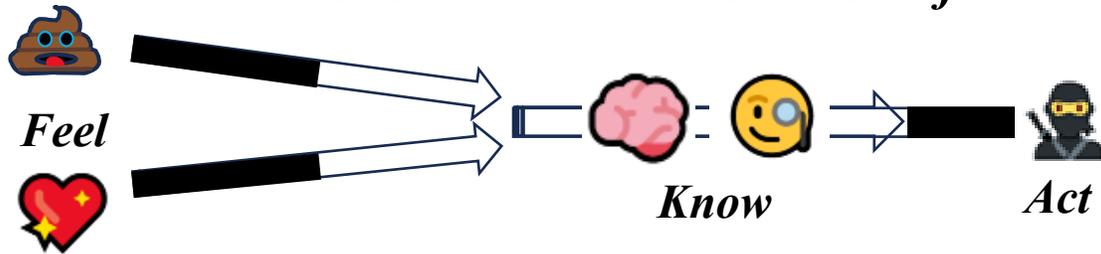


2.9 Acting on a good or bad “feeling”

- 1) *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*

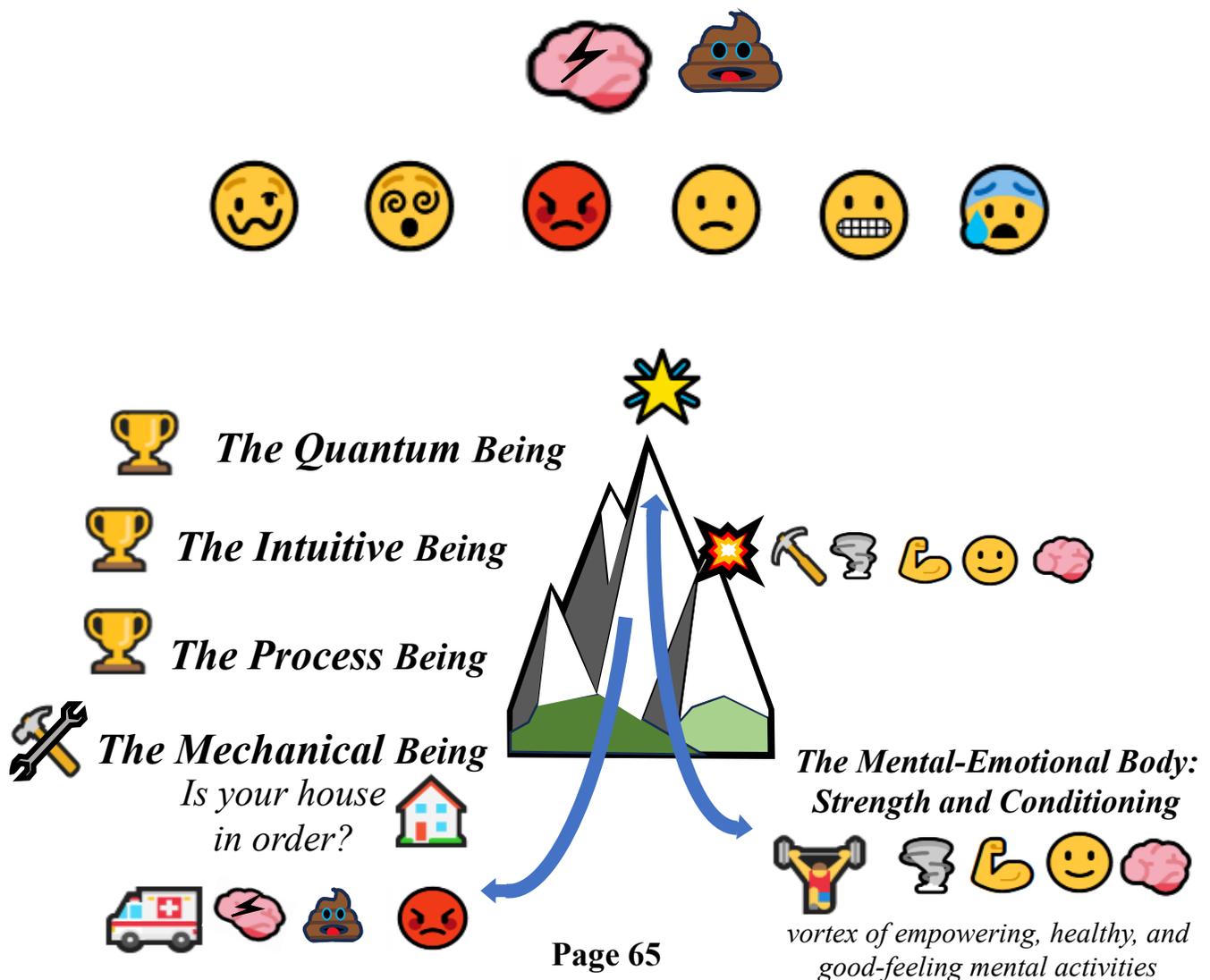


***The Intuitive Being:
Gut Awareness and Intuitive Action of Mind***

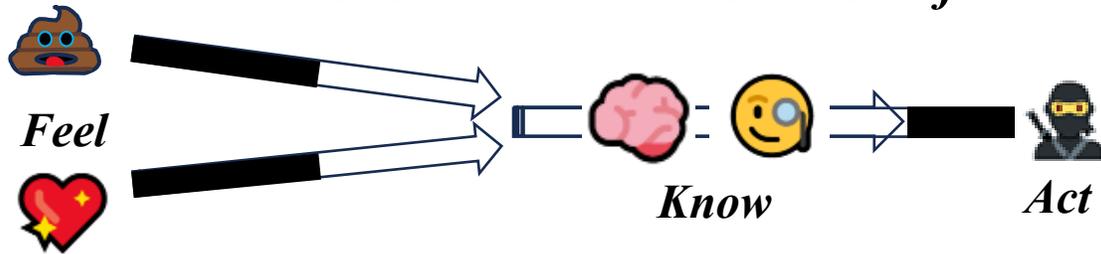


2.10 An athlete cannot act on good or bad-feeling gut awareness if:

- 1) they are already in a state of cognitive-emotional turmoil, that will camouflage mental-emotional significance, interpretation, and meaning.***



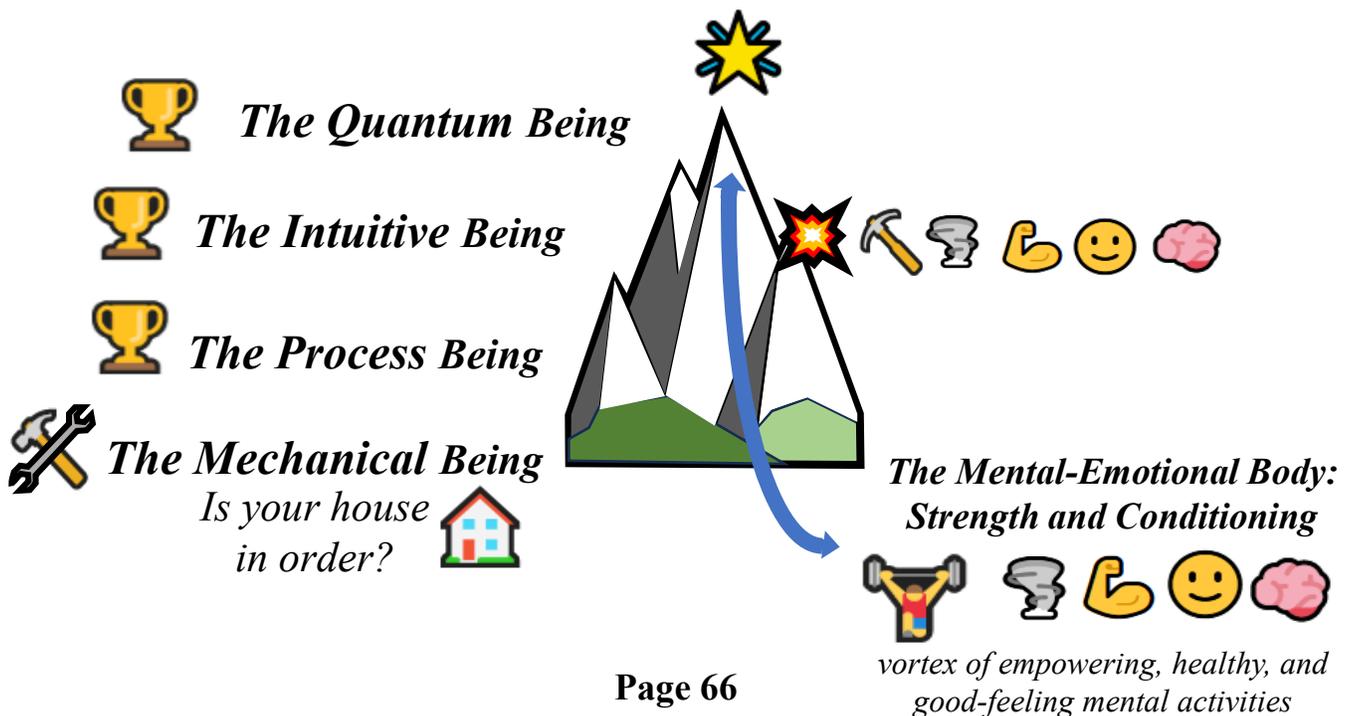
***The Intuitive Being:
Gut Awareness and Intuitive Action of Mind***



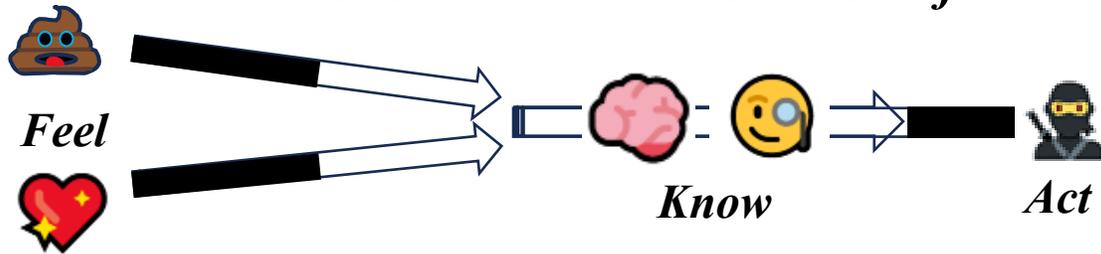
2.10 An athlete cannot act on good or bad-feeling gut awareness if: (cont.)

- 2) Trained to control or ignore emotions....*
- 3) Trained to be mindfully aware of thoughts and emotions with “acceptance and without judgment”*
- 4) Camouflaging emotional state with mental chatter*
- 5) Actively suppressing, ignoring, or controlling their emotional state of being with drugs or medications.*

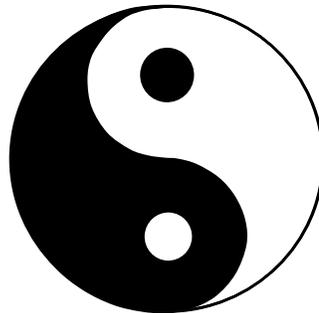
“Gut” Awareness and intuitive action involves EMOTIONS!!



***The Intuitive Being:
Gut Awareness and Intuitive Action of Mind***



***Shadow,
Feminine,
Emotions***



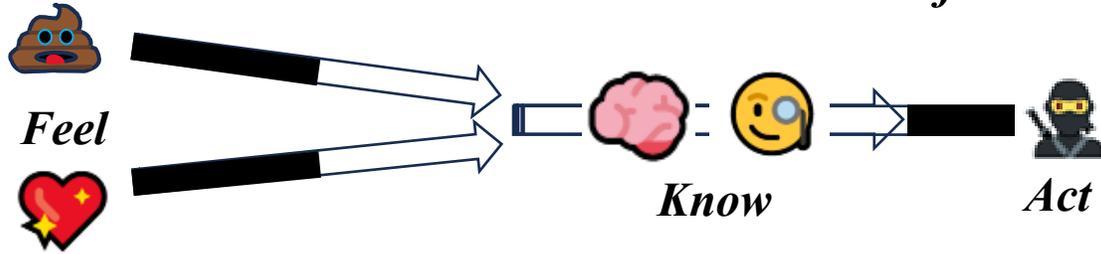
***Light,
Masculine,
Mind***

***2.11 Are your mind and emotions working in
symbiotic synergy?***

- 1) Whether you feel something feels right or wrong, the mind must “process” that intuition, or hunch into an awareness of action....from a good feeling place.*
- 2) The eventual outcome and benefit of any intuitive move or play matches the cognitive-emotional creative vortex of the coach/player/team.*

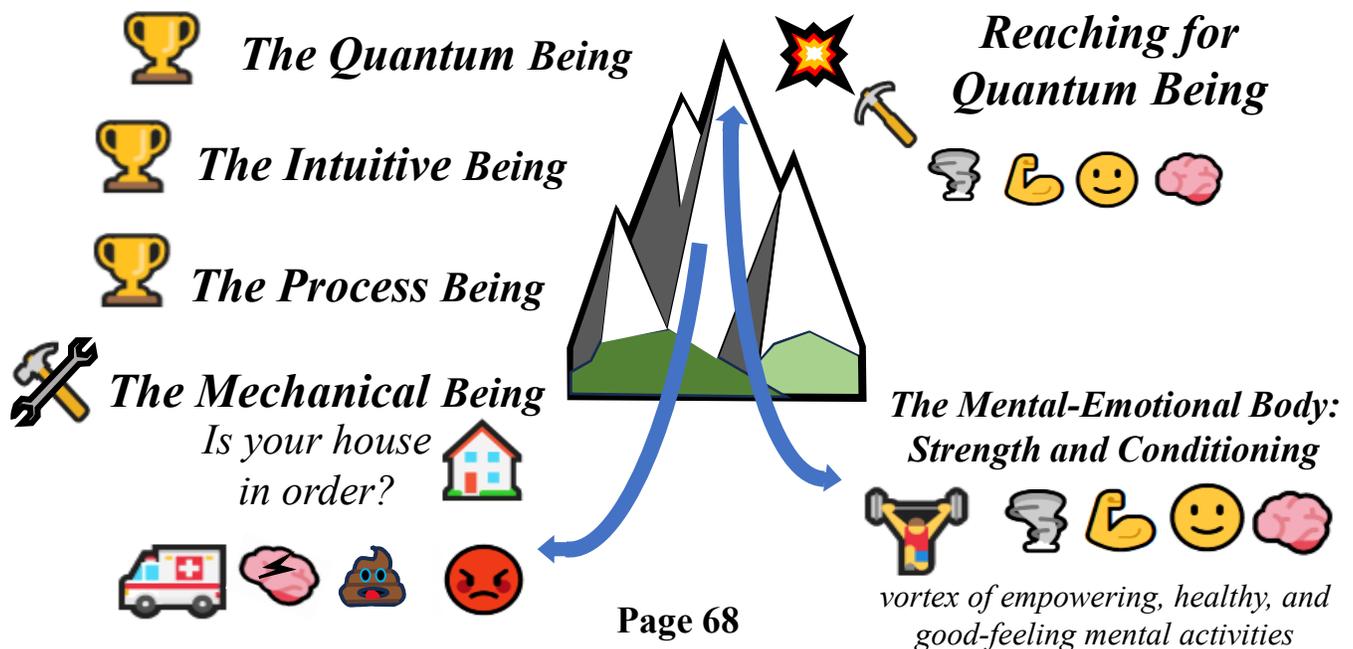


**The Intuitive Being:
Gut Awareness and Intuitive Action of Mind**



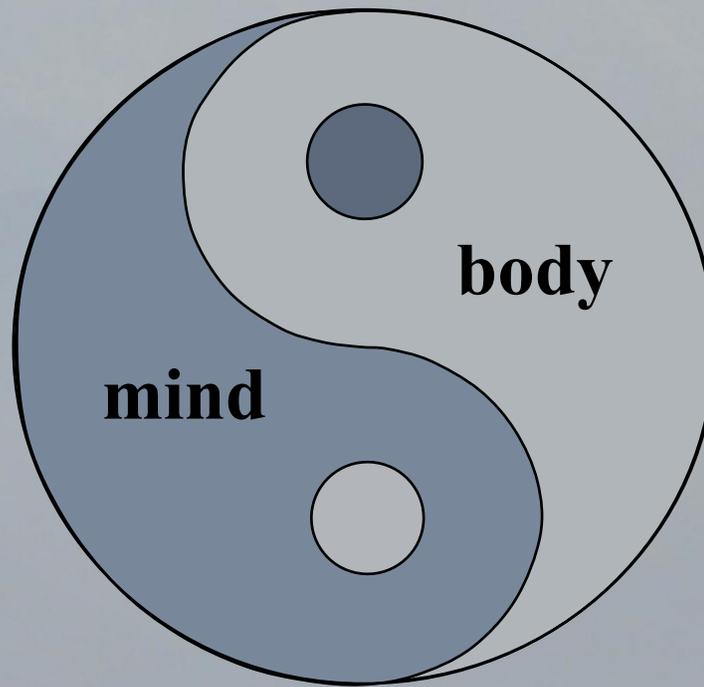
2.12 How do Sports Top 10 plays happen? Reaching for Quantum Being:

- 1) *When an athlete's mental-emotional body is in shape, good things happen.*
 - a. *There is no doubt:*
 - b. *I know I can do it!*
 - c. *It's emotional... a feeling of "I got this!"*
 - d. *It's confidence, mojo,*
 - e. *It's mental, a knowing..."I got this!"*
 - f. *I know I know I can.*
 - g. *It's being intentional, having "intent".*
 - h. *It's having pure, unconfused want, desire, and intent*
 - i. *It IS going to happen! I have the feeling....*
 - j. *Feel. Know. Act... It Happens!*



2.13 The Newtonian World of Coaching is about strength vs. strength, mass vs. mass, speed vs. speed and mental intellect and reason.

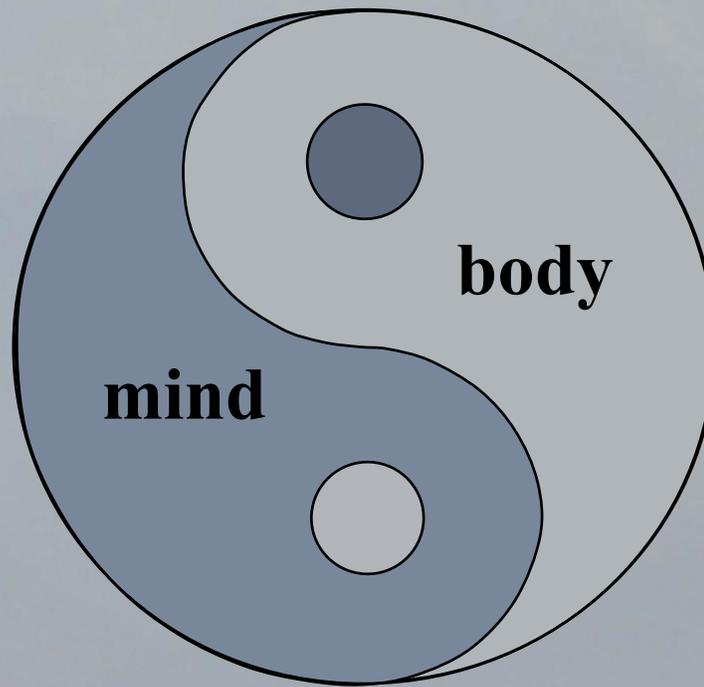
- 1) Success is developing an athlete's evolutionary heritage through strength and conditioning training and on the field practice.**



Newtonian athletic coaching is represented by today's coaching of the body for power, strength, speed, stamina, agility, cunning, and classroom preparation for developing an athlete's mental powers of intellect, cunning, and reason.

2.13 The Newtonian World of Coaching is about strength vs. strength, mass vs. mass, speed vs. speed.

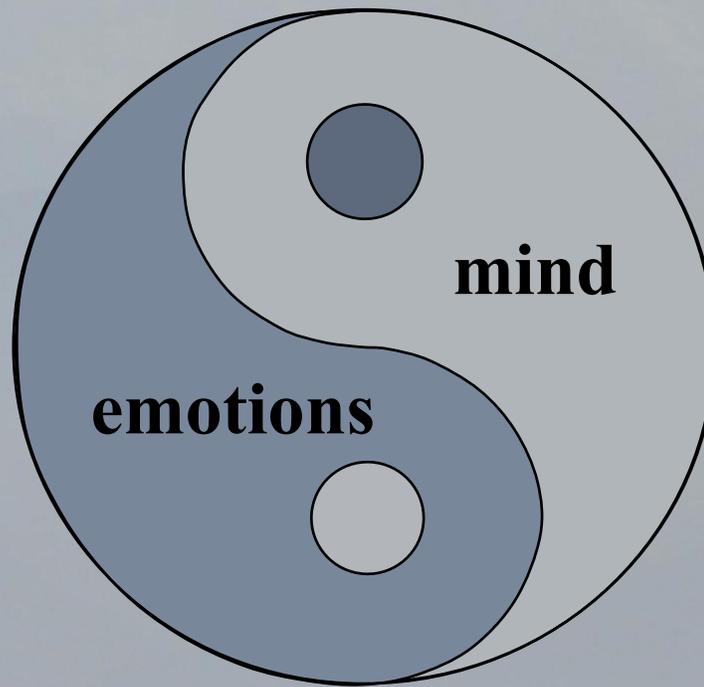
- 2) Newtonian athletic coaching is represented by today's reflexive training and coaching of the athlete's body and mind.**



An athlete develops their reflexes through rapid, high-intensity, and movement exercises; unexpected and reactive drills; and high-speed repetitive agility training.

2.13 *The Newtonian World of Coaching is about strength vs. strength, mass vs. mass, speed vs. speed.*

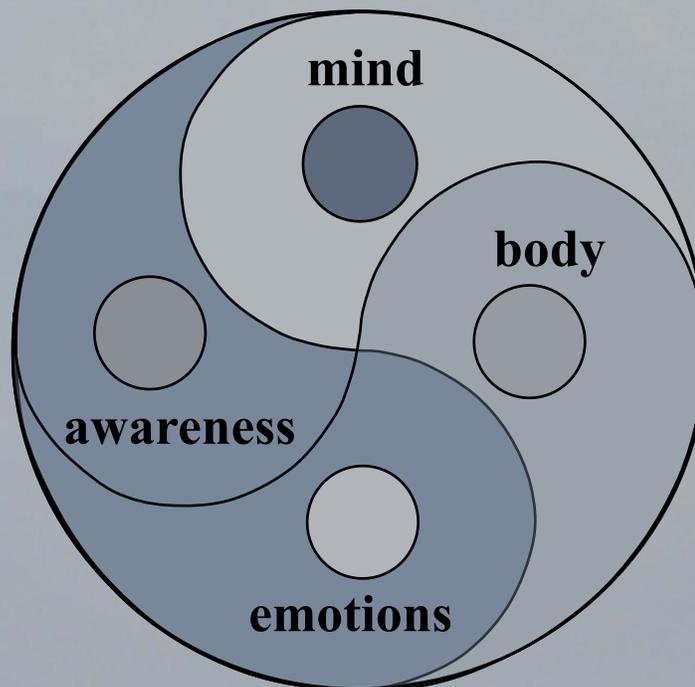
3) Today's sports psychology is about mental toughness and the masculine mind controlling the feminine emotional body.



Because dangerous emotions drive destructive behavior, emotions must be controlled, regulated, and managed by a dominate cognitive mind within an environment of conflict, control, and separation.

2.14 The Quantum World of Coaching Is About the Vibrational Energy of Qi.

- 1) The “Tao of Athletic Success” is about the evolved harmony between the mind, body, emotions, and awareness to work cooperatively together.**

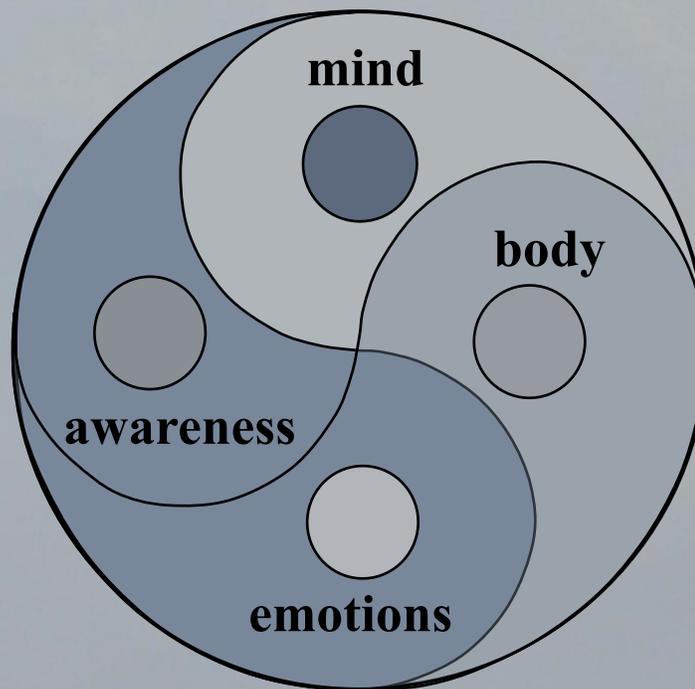


The mind, not emotions, generate the biochemical, neurological, and physiological states of being in the brain and body that drive behavior and are perceived as emotions.

Therefore, instead of mind control of emotional behavior, emotions guide mental activities towards health, well-being, and success.

2.14 The Quantum World of Coaching Is About the Vibrational Energy of Qi.

- 2) **Success is generating a feels-good emotional state of vibrational being conducive strength, speed, agility, and successful decision-making prowess.**



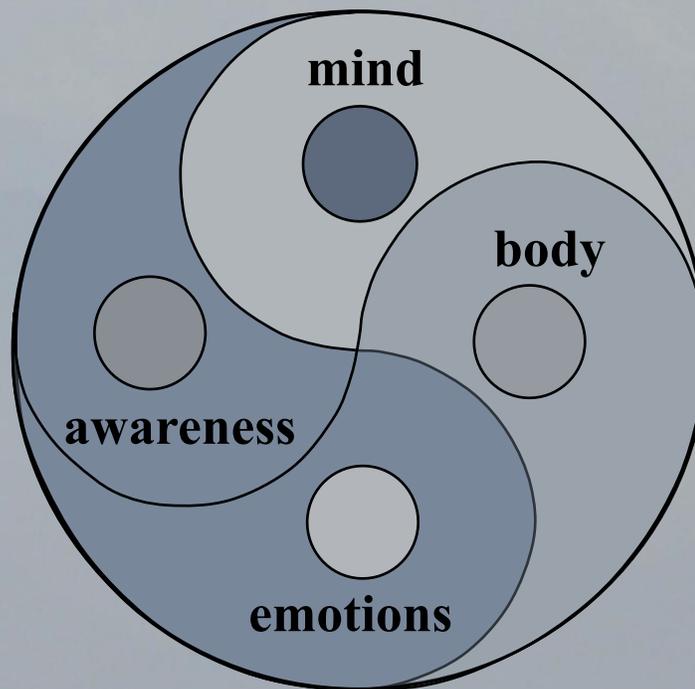
"Decision-making prowess" refers to the ability to make sound, effective, and timely choices, often in complex or challenging situations.

(Google AI)

In "The Tao of Athletic Success", decision-making prowess includes cultivated, instinctive, and intuitive spontaneous action of the heart.

2.14 The Quantum World of Coaching Is About the Vibrational Energy of Qi.

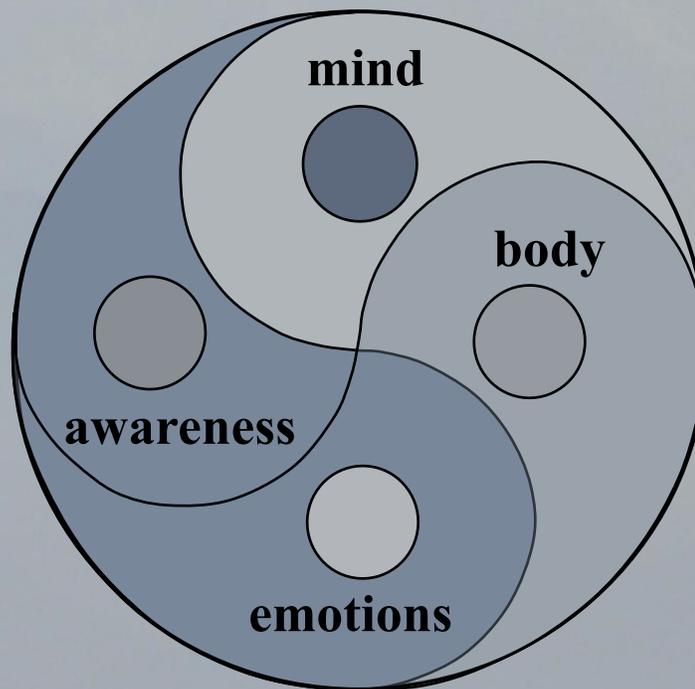
- 3) **Success is generating a feels-good emotional state of vibrational being conducive to health, well-being, and the synchronicities of success.**



If an athlete learns how to harmonize their mental 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.

2.14 The Quantum World of Coaching Is About the Vibrational Energy of Qi.

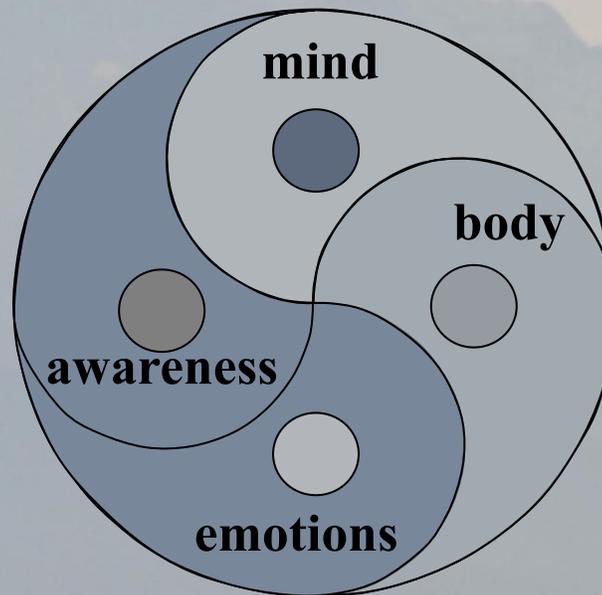
- 4) **Success is NOT about mental toughness and emotional control and ignoring the evolutionary symbiotic harmony between mind, body, emotions, and awareness.**



Success is about the mental-emotional discipline needed to attain and maintain the symbiotic synergy of a powerful, strong, and agile feels-good state of being conducive to health, well-being, and successful decision-making prowess.



*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



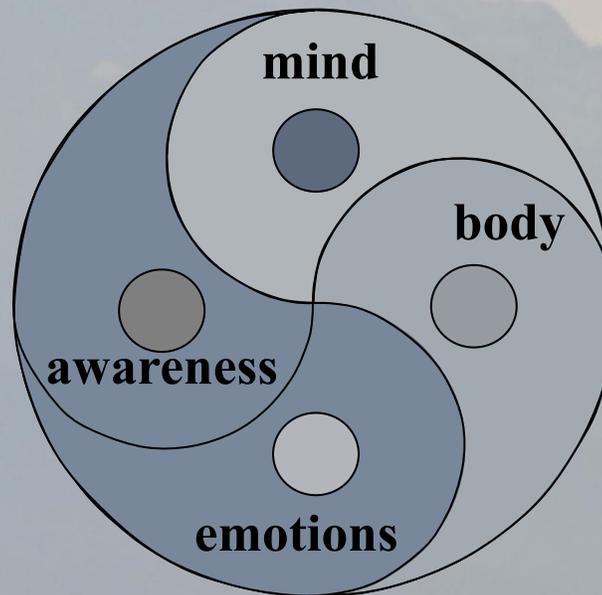
*An athlete's symbiotic synergy between mind,
body, and emotional awareness has evolved over
millions of years of survival of the fittest, most
powerful, strongest, and agile of bodies as well as
survival of the most clever, creative, and cunning
minds that ever have lived on this planet.*

Your evolutionary heritage is there.

It up to you to Be It!



*Success is a feeling-good,
mental-emotional healthy state of being.*



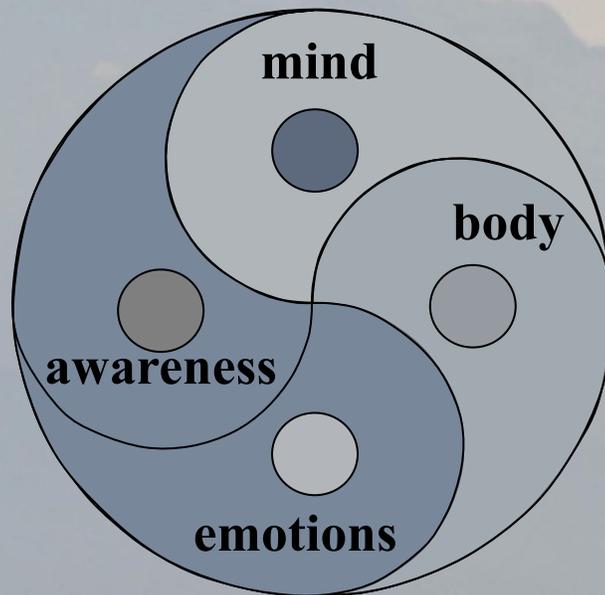
Be It!



A feeling-good, cultivated, healthy mental-emotional state of being is conducive to an athlete's evolutionary heritage of power, strength, and agility as well as to the cleverness, creativity, and cunning. A feeling-good mental-emotional healthy state of being is necessary for any Championship performance.



*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



*I hope you are seeing a new
mountain... To be a World Champion or an
Olympic Champion, or simply just to make
a team, is to be a World Champion or
Olympic Champion, or a team player on the
Inside. An athlete must “Be It” BEFORE
they can “See It”.*



Success is not trying

Success is not doing.

Success is being.

Success is a state of being.

Don't do it.

Be It!

2.0 *The Quantum Being and Energy Vibrations of Qi*



“Introduction to “The Tao of Athletic Success Workout”

Part 2: “The Quantum Being and Energy Vibrations of Qi”

Post-Test (Mark all that apply.)

- 1) The Quantum Being is about
 - a) good and bad-feeling energy
 - b) a state of being in the heart
 - c) heart-centered mindless awareness and action from a state of peace and well-being
- 2) Heightened awareness means:
 - a) having greater discipline to control mental activities:
 - b) it’s necessary to attain and maintain feeling-good states of being
 - c) having a greater ability to choose when to act or not to act....
 - d) maintaining harmony between mind, body, emotions, and awareness
- 3) The outcome of a competition, or conflict in life itself, matches the mental-emotional state of being of:
 - a) the victor
 - b) the loser
- 4) Champions, in sport or in life, prevail because:
 - a) They have worked harder, longer, and more often
 - b) of their own cognitive-emotional reality
 - c) their projection of reality is dominant
 - d) their own reality prohibits the competition from seeing success

*Dwelling upon that which you **do want, desire, and intend** generates positive and empowered good-feeling emotions, moods, attitudes, and feelings that are indicative of the strength, speed, stamina, agility, cunning, and successful decision-making prowess needed to thrive on the field of sports competition and in life.*

3.0 The Process Being: The Five Step Process of Success



“Introduction to “The Tao of Athletic Success Workout”

Part 5: The Process Being: The Five Step Process of Success

Pre-Test (Mark all that apply.)

- 1) Emotionally Feeling-Bad:
 - a) has nothing to do with an athlete’s physical health
 - b) no-pain, no-gain....it’s just an emotional pain
 - c) an athlete should be “mentally tough” and ignore bad-feelings
 - d) affects decision-making prowess

- 2) Learning a move, play, or skill:
 - a) involves the mind, thought, and thinking
 - b) can become automatic with drills
 - c) is not about emotional feelings
 - d) is a harmony between mind, body, emotions, and awareness

- 3) When would a carpenter’s claw-hammer feel emotionally-good:
 - a) when intending to climb a mountain
 - b) when intending to repair a house

- 4) Learning and using the 5-Step Process will reduce injuries:

True _____ False _____

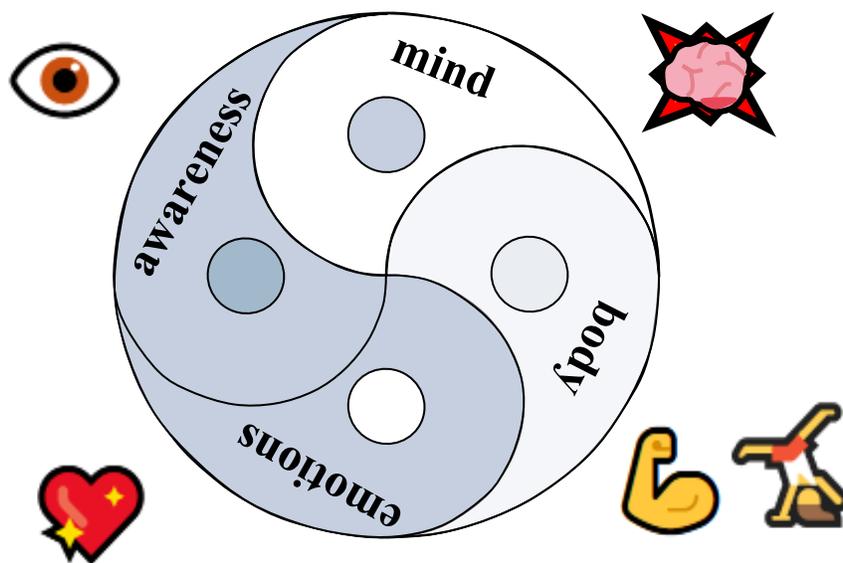
- 5) Learning hundreds of moves boils down to one good feeling, mental-emotional awareness... “I got this!”

True _____ False _____

The Tao of Athletic Success Workbook

Introduction Video Part 3

3.0 The Process Being: The Five Step Process of Success



*“The Tao of Athletic Success Workout”
Introduction Part 3 Video is available soon on YouTube*

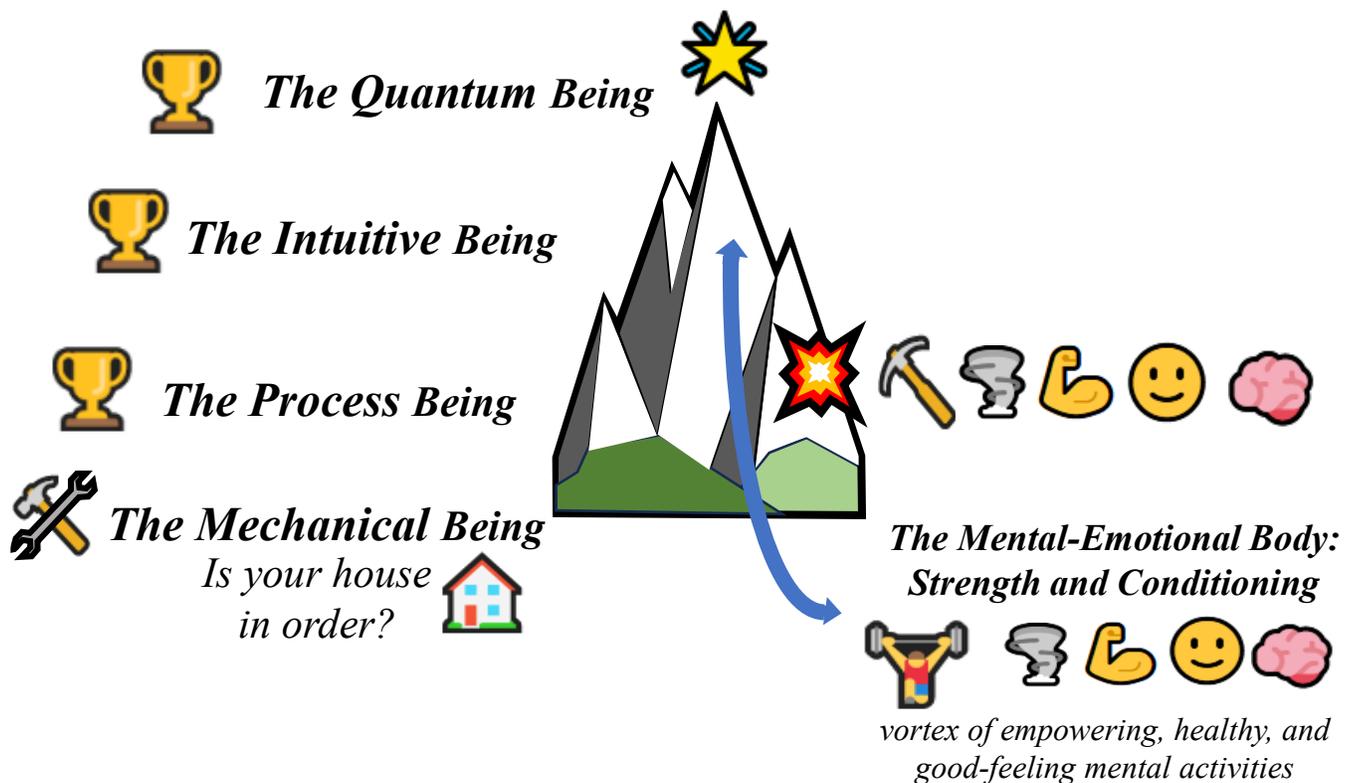
*Success or failure in competition (or in
life itself) is a mental-emotional state of
being first determined within the
battlefield of the mind.*

3.0 The Process Being: The Five Step Process of Success



3.1 “It’s A Process” (“Trust the Process”)

- 1) *The Process Being is the beginning accession of Mt. Everest of the Tao.*
- 2) *Every competitive move, play, or shot, involves a five-step process.
Intend It, Think It, Feel It, I Know I Know It, Allow It*
- 3) *Learning takes time, but these necessary steps will become automatic, then Intuitive, and finally Quantum*

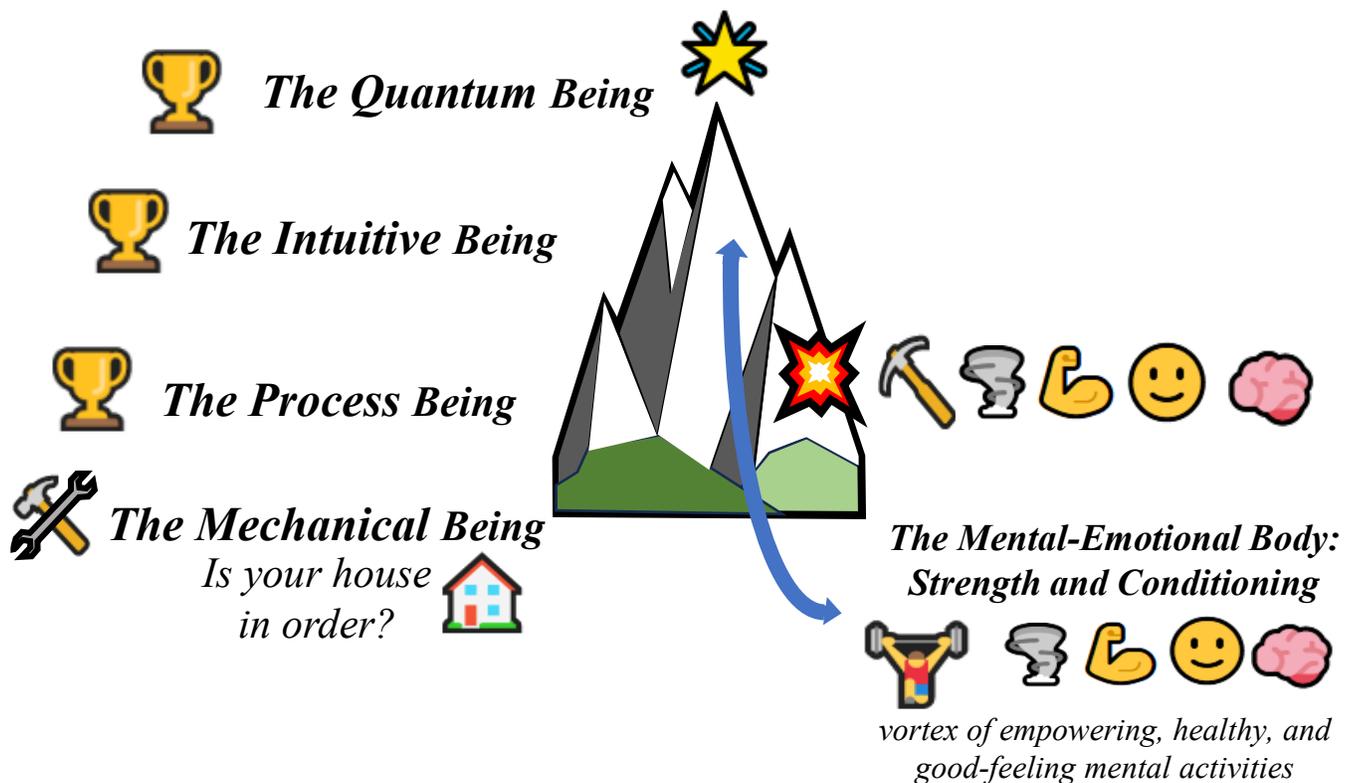


3.0 The Process Being: The Five Step Process of Success



4) *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. Learning and actualizing these steps will also reduce and eliminate injuries due to an unhealthy and imbalanced physiology.*

- a. *Remember: emotionally feeling-good has an evolved correlation with a healthy physiology*
- b. *And, emotionally feeling-bad has an evolved correlation with an un-healthy physiology*



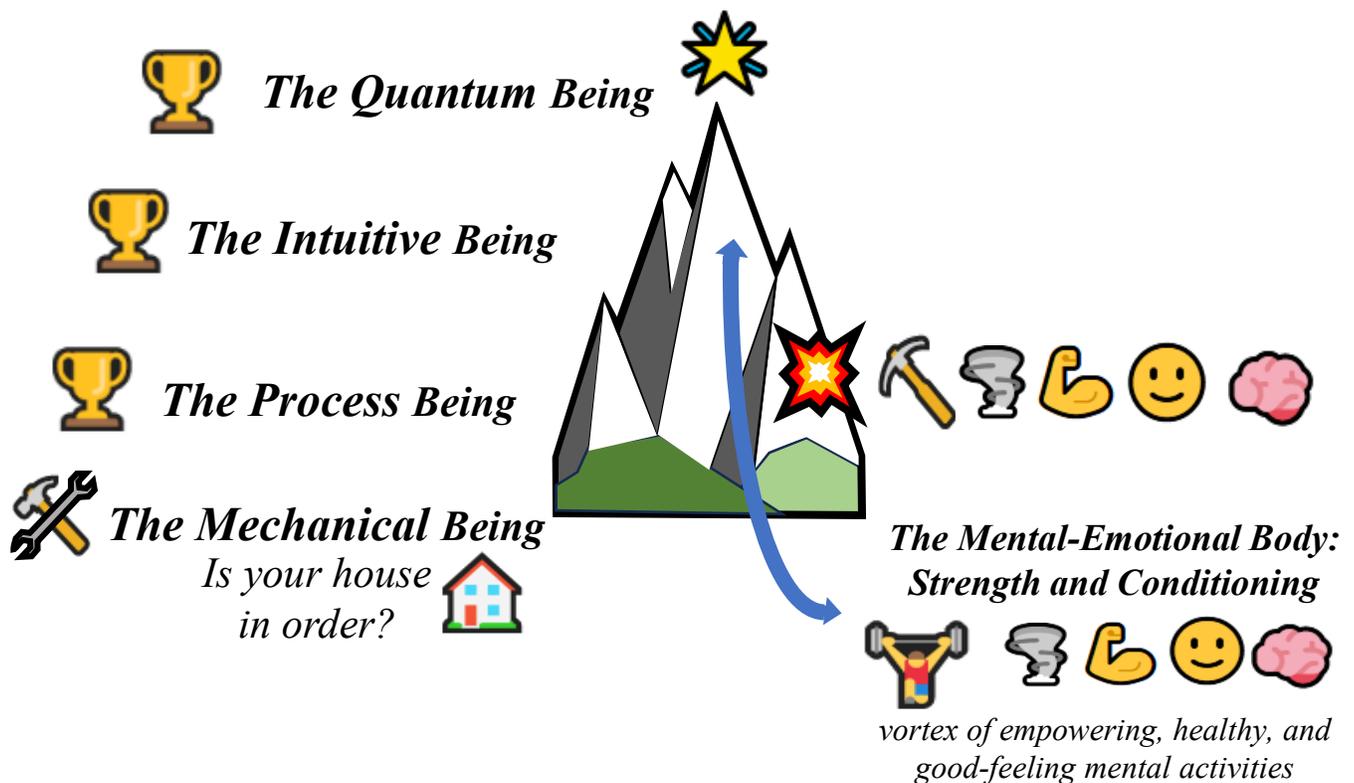
3.0 The Process Being: The Five Step Process of Success



5) *In a downhill salmon ski race, Mikaela Shiffrin will go through 60 gates in 60 seconds.*



- a. *Each gate involves three moves; the entry, rounding, and exist and 5-steps for each move. This means 180 5-step processes in 60 sec.*
- b. *During pre-race, course inspections, World Cup Alpine Skiers boil these 900 moves in 60sec down to one “I know, I know It” feeling for each gate, then group of gates and finally...*
- c. *There is one positive, healthy, and good-feeling of “I know I know I got this” for the whole race.*

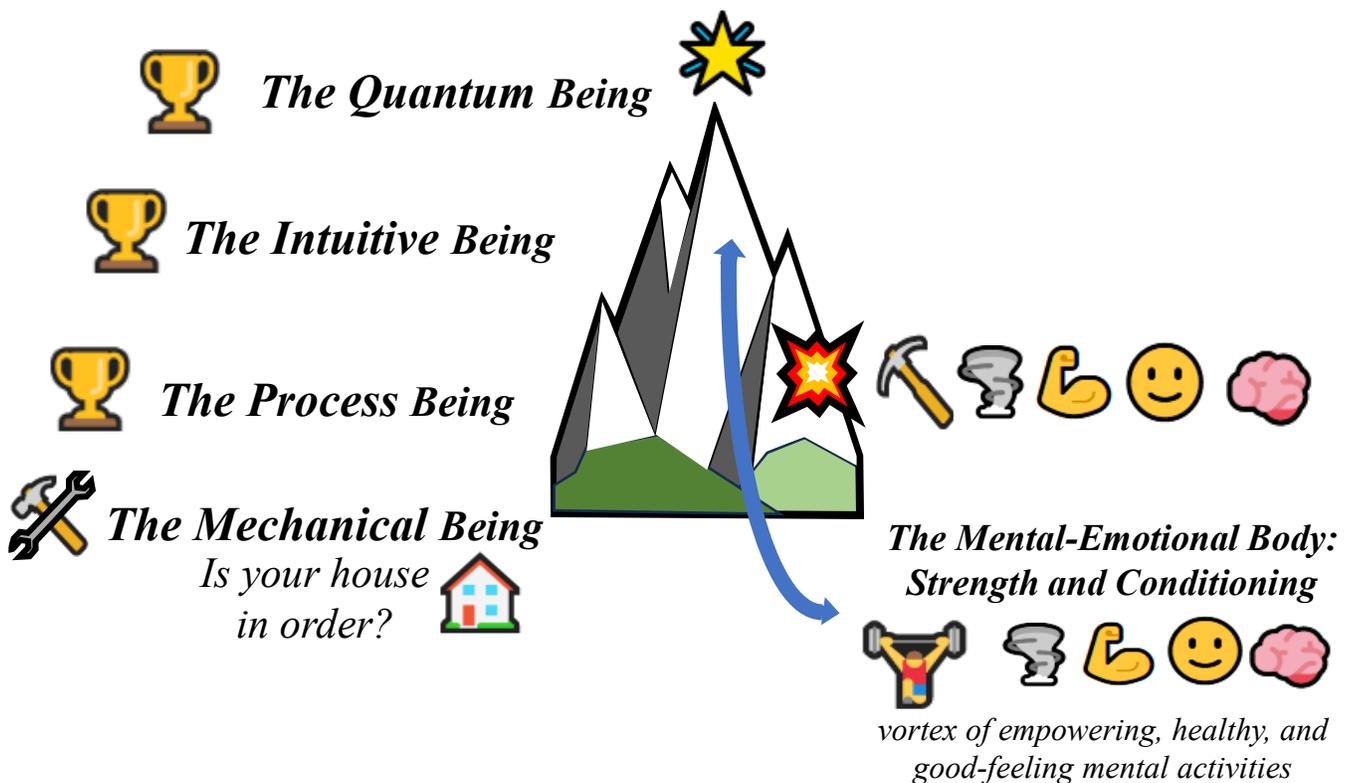


3.0 The Process Being: The Five Step Process of Success



3.2 Intend It

- 1) What do you want to happen?
 - a. What do you desire?
 - b. What is your Intent?
- 2) Intent calibrates an athlete's emotional guidance
 - a. Which feels better?
 - b. A claw hammer or an ice axe?

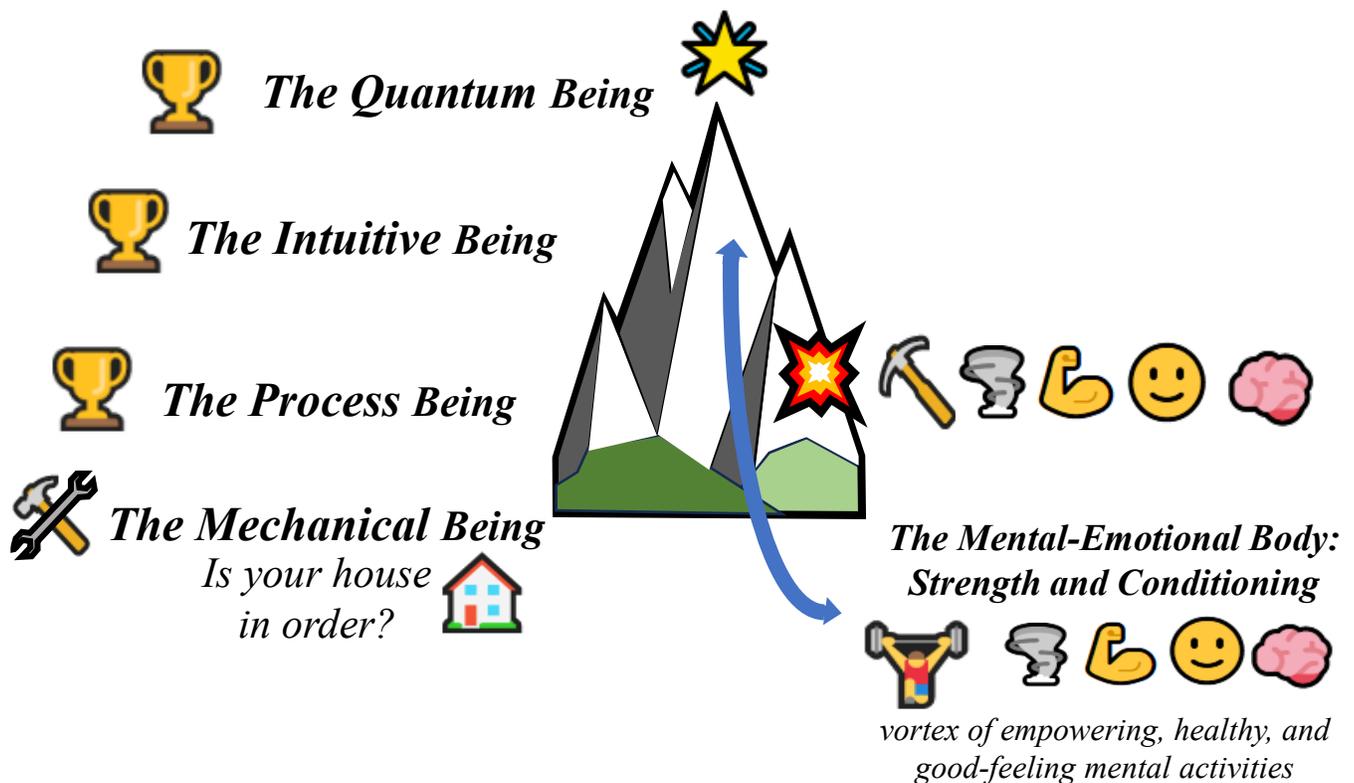


3.0 The Process Being: The Five Step Process of Success



3.3 Think It 🧠

- 1) What is your coach teaching? Developing a mental (cognitive) awareness and understanding of successful skill.
- 2) What are the mechanics of your move, shot or play?
- 3) The coach is teaching positional mechanics
- 4) These skills will become automatic through practice and drills.

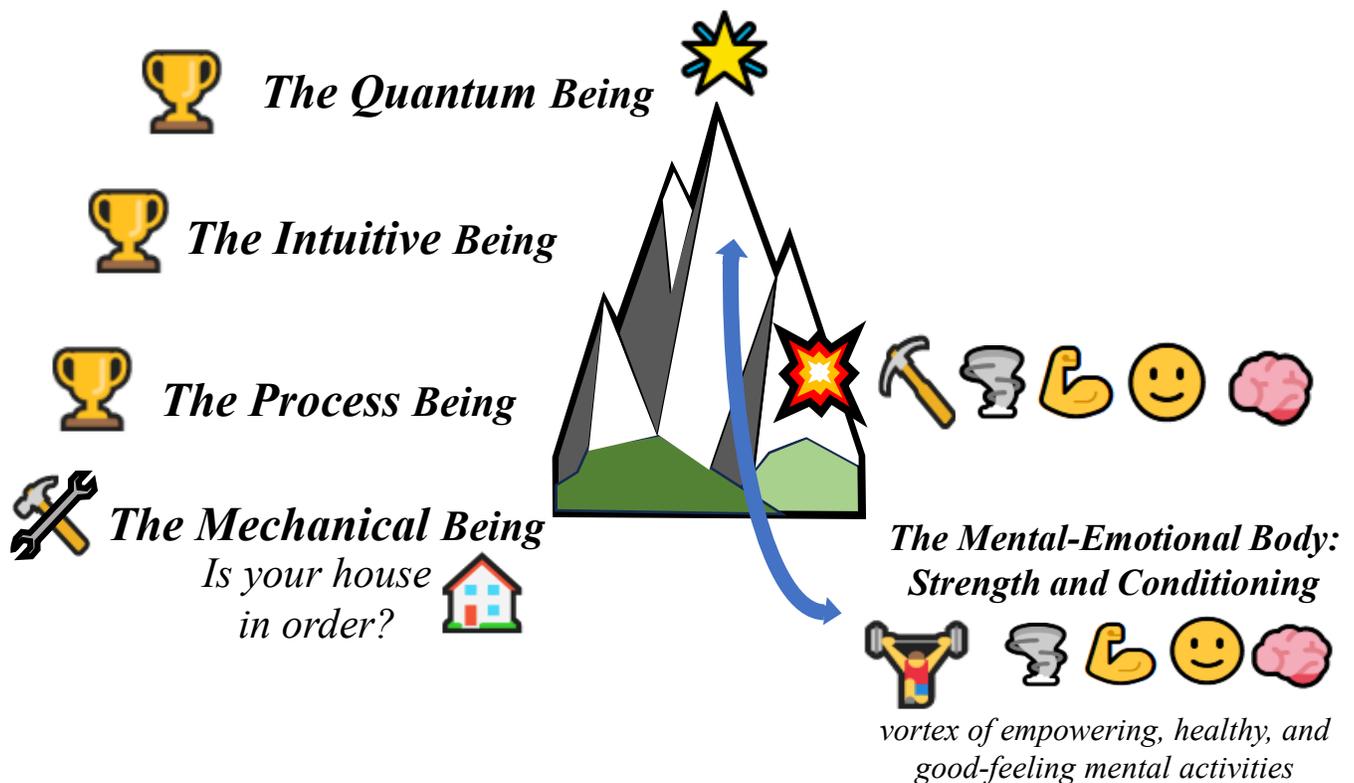


3.0 The Process Being: The Five Step Process of Success



3.4 Feel It

- 1) Find the good-feeling place of a successful play, move, or shot.
- 2) Developing an emotional/body awareness of a skill.
- 3) Intend It, Think It. Feel It.
- 4) What are the emotional-feelings or “feeling place” of a successful play, move, or shot?

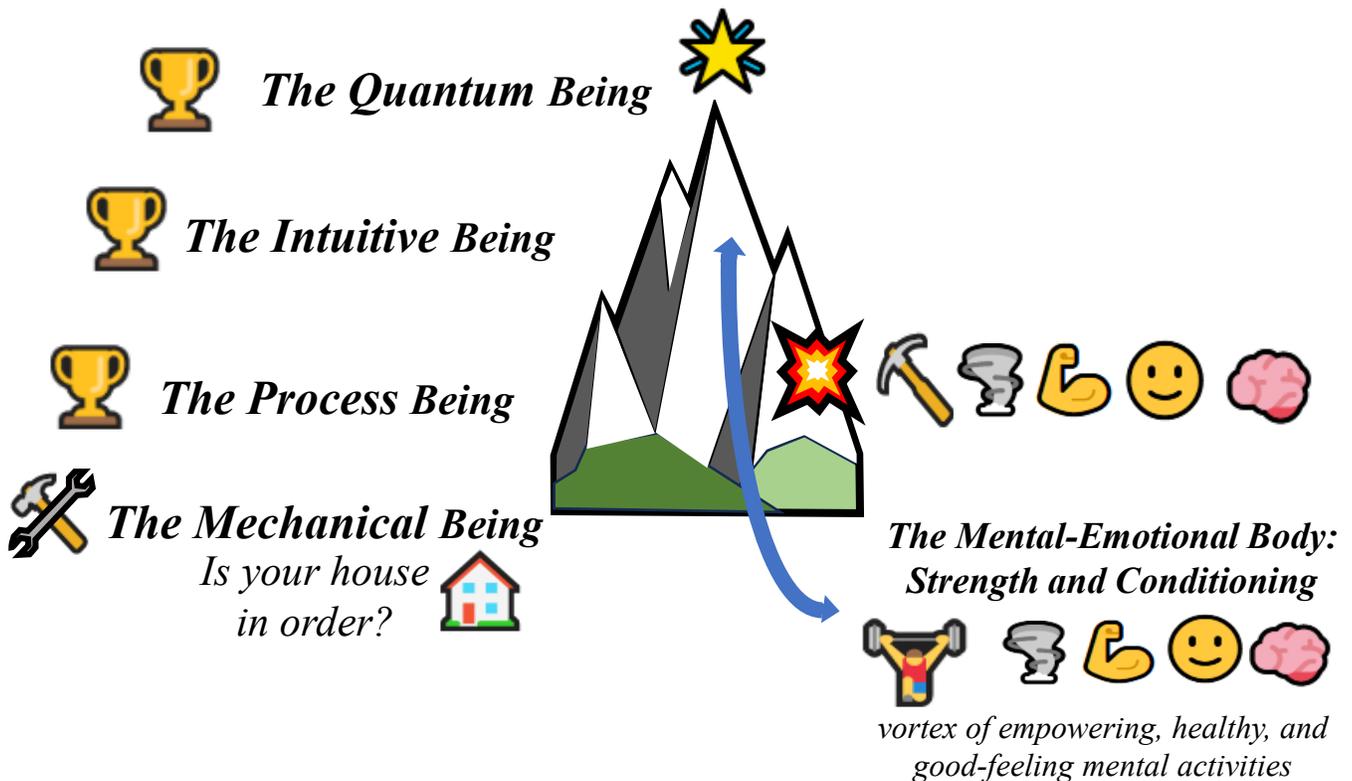


3.0 The Process Being: The Five Step Process of Success



3.5 Know It

- 1) A mental-emotional knowing of success
 - a. *“I know I know it.”*
 - b. “I got it”
 - c. “Mojo”
 - d. “confidence”
 - e. ”swagger”
- 2) An athlete must intend it, think it, feel it, and most important, they must know, they know it.



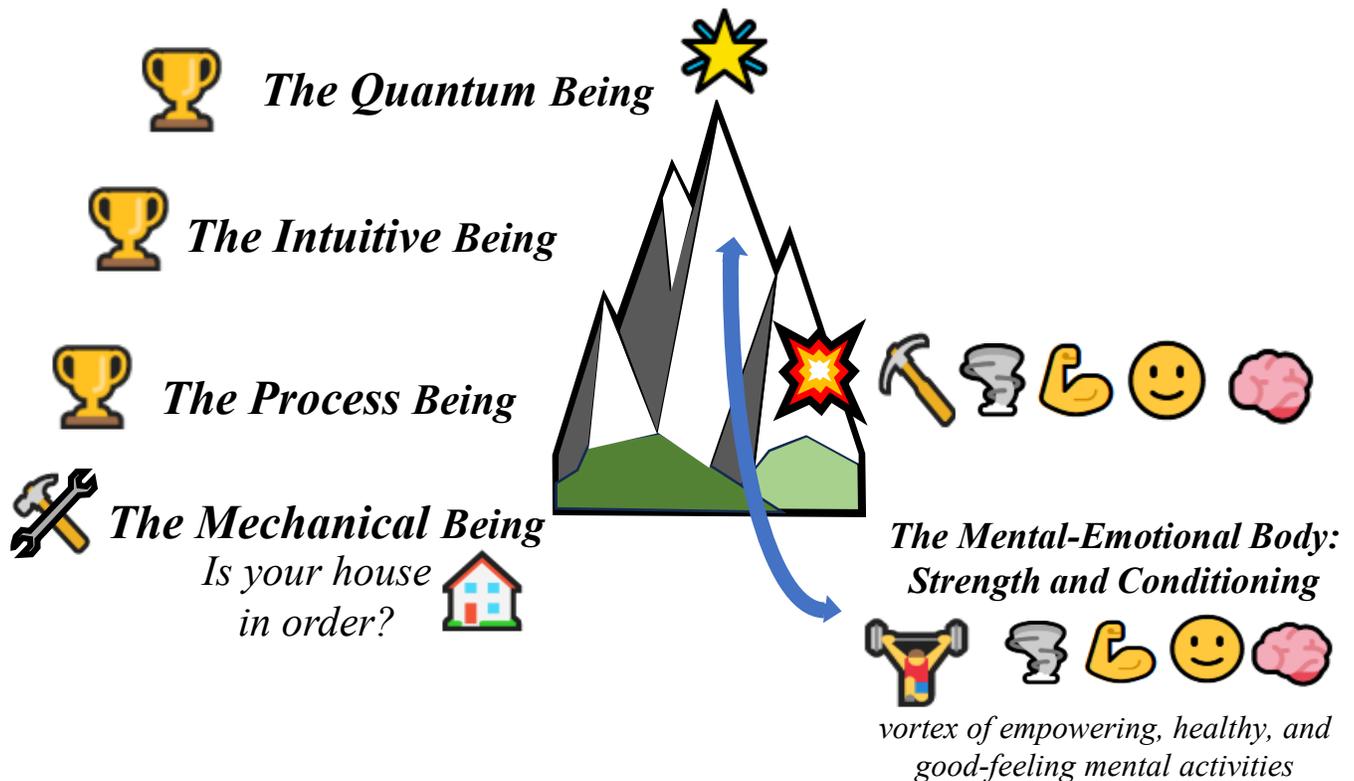
3.0 The Process Being: The Five Step Process of Success



3.6 Allow It to Happen



- 1) “It happens” means an athlete is not “forcing” it.
 - 1) They are not “willing it”.
 - 2) They are not “demanding it”.
 - 3) They are not “doing it”.
- 2) They are allowing it to happen; like holding your arm out and allowing it to drop by your side.
- 3) Any bad-feeling emotional awareness indicates a hinderance to success with the possibility of injury.



3.6 The Process Being: The Five Step Process of Success



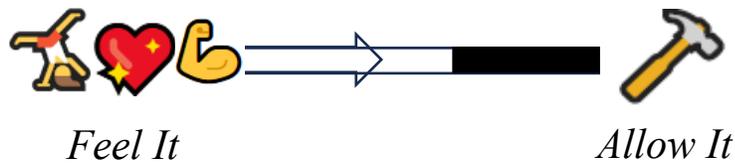
3.7 Trust the Process

1) *Intend It... Feel It... Allow It...*



It Happens.

2) *Feel It.... Allow It...*



It Happens.

3) *Feel It....*



It Happens.

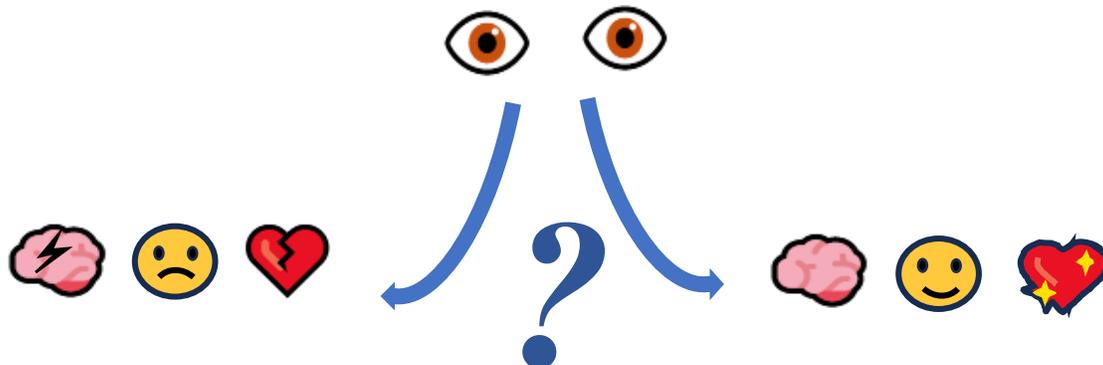
Feels-good.... It Happens. Feels-bad....It Happens

3.8 How is an athlete NOT emotionally aware and responsive!



- 1) *Mental Toughness Training*
 - a. *Stuff emotional awareness*
- 2) *Emotional Management*
 - a. *Control, manage, and regulate emotions*
 - b. *“Medications” to numb emotional pain*
 - i. *Note: always follow doctor’s prescriptions.*
- 3) *Mindfulness Training*
 - a. *Be non-judgmental (don’t respond to mental and emotional awareness)*
 - b. *“Dennis the Menace” being mindful*
 - i. *Told to “watch” the barbecuing burgers*
- 4) *“Short Memory” Training*
- 5) *Distractions to prevent emotional awareness*

An athlete must respond to their emotional state of being!



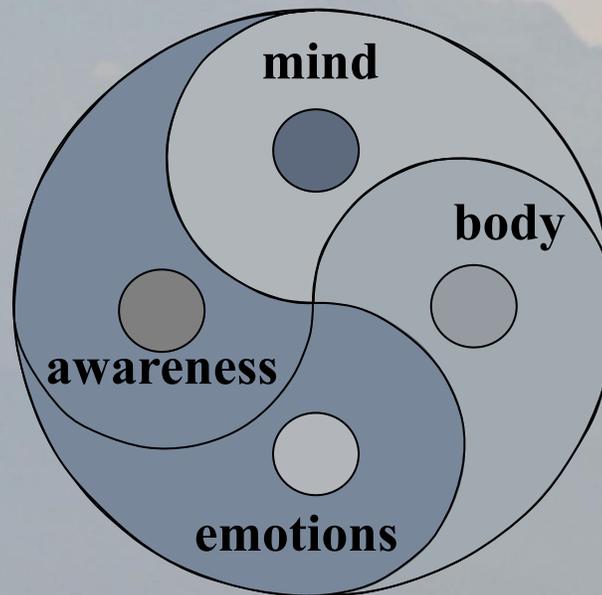
illness, injury, and accidents

strength, power, and success





*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



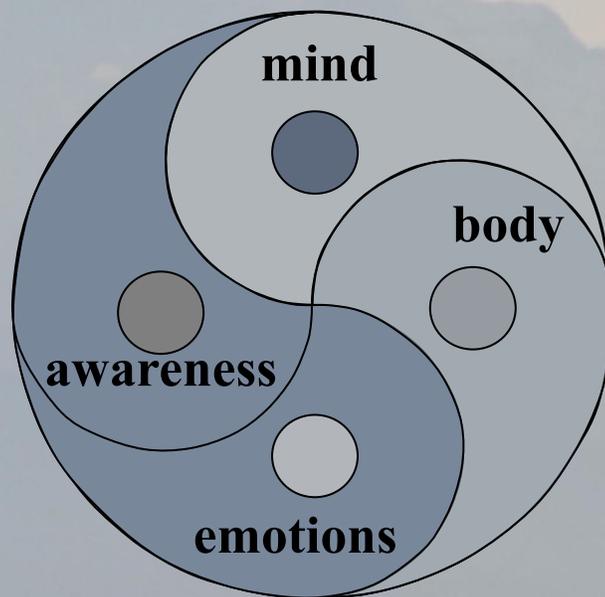
*An athlete's symbiotic synergy between mind,
body, and emotional awareness has evolved over
millions of years of survival of the fittest, most
powerful, strongest, and agile of bodies as well as
survival of the most clever, creative, and cunning
minds that ever have lived on this planet.*

Your evolutionary heritage is there.

It up to you to Be It!



*Success is a feeling-good,
mental-emotional healthy state of being.*



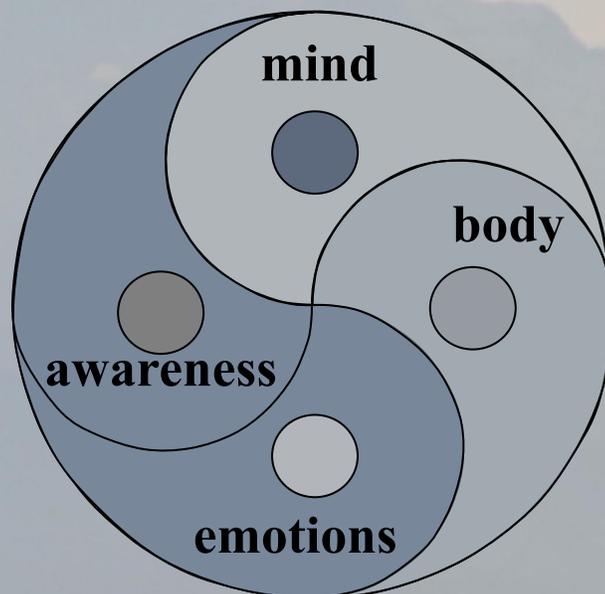
Be It!



A feeling-good, cultivated, healthy mental-emotional state of being is conducive to an athlete's evolutionary heritage of power, strength, and agility as well as to the cleverness, creativity, and cunning. A feeling-good mental-emotional healthy state of being is necessary for any Championship performance.



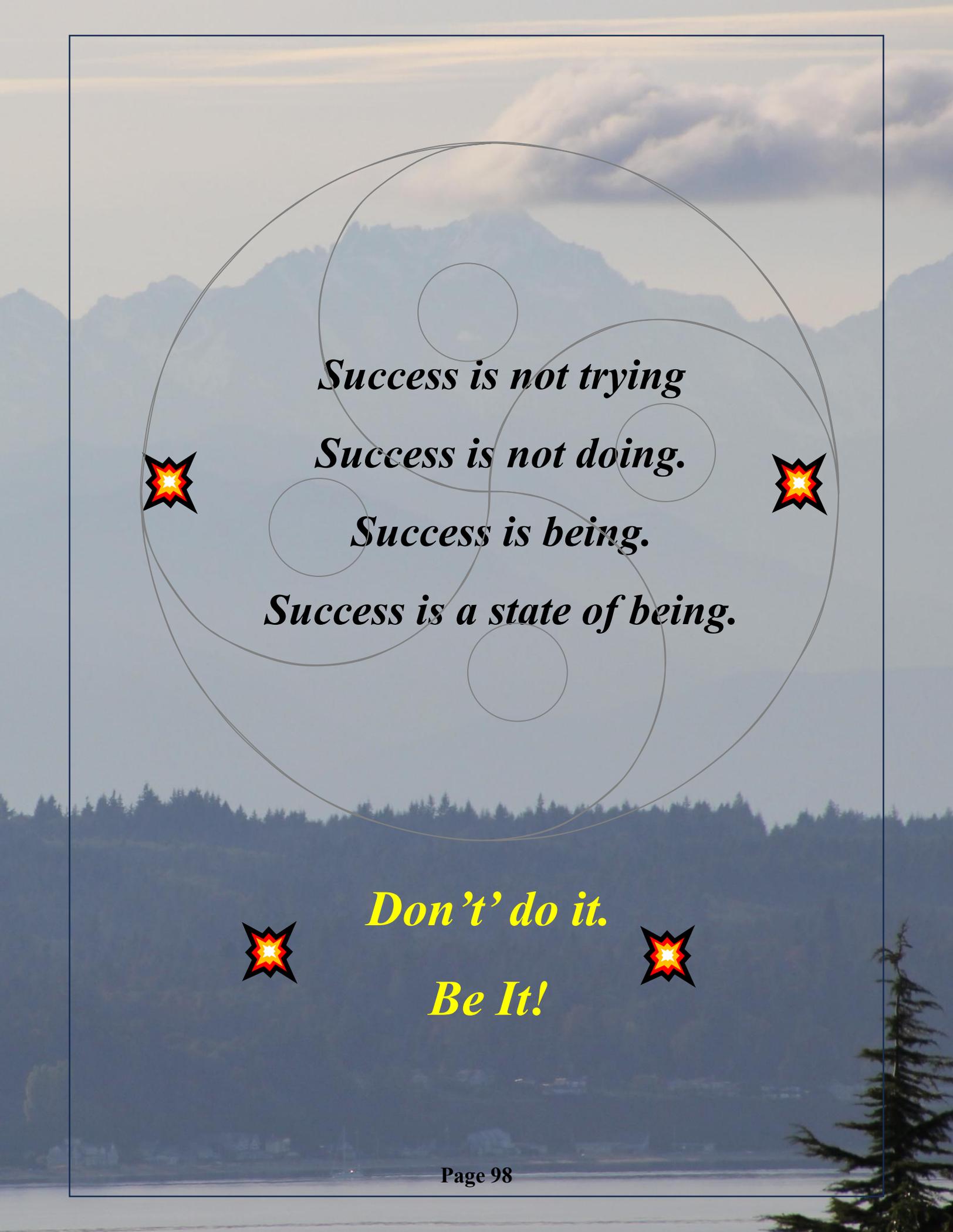
*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



*I hope you are seeing a new
mountain... To be a World Champion or an
Olympic Champion, or simply just to make
a team, is to be a World Champion or
Olympic Champion, or a team player on the
Inside. An athlete must “Be It” BEFORE
they can “See It”.*



Success is not trying

Success is not doing.

Success is being.

Success is a state of being.

Don't do it.

Be It!

3.0 The Process Being: The Five Step Process of Success



“Introduction to “The Tao of Athletic Success Workout”

Part 3: The Process Being: The Five Step Process of Success

Post-Test (Mark all that apply.)

- 1) Emotionally Feeling-Good:
 - a) has nothing to do with an athlete’s physical health
 - b) has evolved with a strong, powerful, and healthy physiology
 - c) an athlete should be “mentally tough” and ignore feelings
 - d) affects decision-making prowess for the better

- 2) Learning a move, play, or skill:
 - a) involves the mind, thought, and thinking
 - b) can become automatic with drills
 - c) is not about emotional feelings
 - d) is a harmony between mind, body, emotions, and awareness

- 3) When would a carpenter’s claw-hammer feel emotionally-good:
 - a) when intending to climb a mountain
 - b) when intending to repair a house

- 4) Learning and using the 5-Step Process will reduce injuries:

True _____ False _____

- 5) Learning hundreds of moves boils down to one good feeling, mental-emotional awareness... “I got this!”

True _____ False _____

Mental activities of the mind (such as thoughts, memories, beliefs, imaginings, perceptions, and reasonings) bring about the physiological changes and states in the brain and body that are consciously perceived as emotions.

Emotions are felt. Emotions feel good, or not. Joy feels good. Anger does not. Love feels good. Hate does not. Emotions are the perception of physiological changes and states of being within the brain and body we feel. We feel anger, we feel love, we feel joy... all of which have some corresponding cognitive process and associated physiological state of being that feels good, or not.

4.0 *How have the body and emotions evolved to work together?*



“Introduction to The Tao of Athletic Success Workout”

Part 4: How have the body and emotions evolved to work together?

Pre-Test (Mark all that apply.)

- 3) Bad-feeling emotions, moods, attitudes, and feeling have an evolved correlation with the physiology of weakness, fragility, and naivety susceptible to illness, injury, and accidents.

Yes _____ No _____ If he is lucky _____

- 1) How many times a day can an athlete succeed in going from an unhealthy, emotionally bad-feeling state of being to a healthy, emotionally good-feeling state of being necessary for a championship performance?

- a) Once: before competition
- b) Thrice: at the beginning of the day, before practice, and before a competition
- c) I am always in a feels-good healthy state of being
- d) As many times a day as an athlete emotionally feels down

- 2) Imagine a feeling good, but sick early humanoid...going out on a hunt on the plains of Africa. Will he survive?

Yes _____ No _____ If he is lucky _____

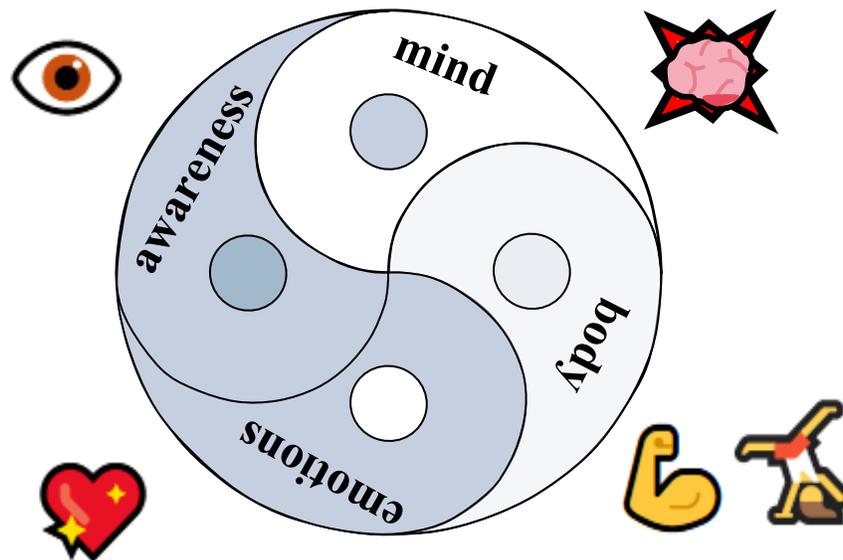
- 4) Disassociating, ignoring, or camouflaging any unaddressed emotionally negative bad-feelings will be revealed within:

- a) a substandard performance
- b) within an injury.
- c) weakness
- d) mistakes

The Tao of Athletic Success Workout

Introduction Part 4

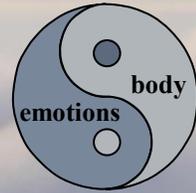
4.0 How have the body and emotions evolved to work together?



*“The Tao of Athletic Success Workout”
Introduction Part 4 Video is available soon on YouTube*

*Success or failure in competition (or in
life itself) is a mental-emotional state of
being first determined within the
battlefield of the mind.*

4.0 How have the body and emotions evolved to work together?



4.1 What is success mean to you?

- a. Making the team***
- b. Getting playing time***
- c. Winning the game/match***
- d. League Titles***
- e. Conference Titles***
- f. NCAA Titles***
- g. National League Championships***
- h. World Championships***
- i. World Cup Wins***
- j. World Cup Championships***
- k. Olympic Championships***

***I can't promise you Championships.
I can promise to give you the greatest opportunity to get
those Championships!***

4.0 How have the body and emotions evolved to work together?



4.2 Winning and Losing vs Success and Failure

There is a lot more to winning than a final-outcome of a match, meet, or contest. There are the many success and failures along the road to that final-outcome of a win or loss. And then the road of successes and failures continues....

Success and failure are what happens within all those 1000's of steps taken to a win or loss.

4.0 How have the body and emotions evolved to work together?



4.3 To succeed as a Champion: An athlete must have a strong, healthy, and robust physiology of the body and brain to be effective both physically and mentally. And this state of championship being has evolved with EMOITIONS!

- 1) Feeling-good emotions, moods, attitudes, and feelings have evolved with (correlate with) a:***
 - a. strong, healthy, and robust brain and body physiology***
 - b. conducive to health, well-being, and successful decision-making.***

- 2) Feeling bad emotions, moods, attitudes, and feelings have evolved with (correlate with) a:***
 - a. weak, unhealthy, and frail brain and body physiology***
 - b. susceptible to illness, injury, and accidents***

How many times a day can an athlete succeed in going from an unhealthy, emotionally bad-feeling state of being to healthy, emotionally good-feeling state of being necessary for a championship performance?

4.0 How have the body and emotions evolved to work together?



4.4 A successful, healthy state of being can be obtained and maintained (or not) every moment of the day.

*of every hour.... during each
day,
week,
month
competitive season
post season;
during practice,
during warmups before competition,
during the competition,
and within each-and-every moment when an athlete is
no longer competing*

An athlete learns how to be successful in a championship bout by being successful within the simplest and most basic of everyday events.

Success as an athlete means success in life. And success in life will mean success as an athlete.

4.0 How have the body and emotions evolved to work together?



4.5 What does “symbiotic synergy” mean?

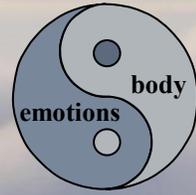
- 1) To be successful, to be a champion, the mind, body, emotions, and awareness must work together in symbiotic synergy for an athlete’s health, well-being and successful decision-making capability.***

Symbiotic = different parts working together for their mutual benefit.

Synergy = 1+1 is greater than 2... 3, 4 and even more.

When the mind, body, and emotions work together in symbiotic synergy they are better, greater, and more powerful than when working separately by themselves.

4.0 How have the body and emotions evolved to work together?



4.6 The Evolution of Body and Emotions

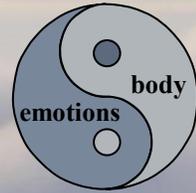
- 1) Imagine a feeling good, but sick early humanoid...going out on a hunt on the plains of Africa?***
 - a. Is his good-feeling and unhealthy physiology going to keep him alive?***

- 2) Think of a good feeling drunk, stumbling out of a bar and into his car to drive across town during rush hour traffic to buy groceries...***
 - a. What is going to happen?***

- 3) Therefore:***
 - a. Feeling-good emotions must correlate with a healthy physiology***
 - b. Feeling-bad emotions must correlate with an unhealthy physiology.***

Good and effective decisions and their actualization cannot be made in a vortex of bad-feeling negative emotions that signify an unhealthy, weak, and frail physiology of the brain and body.

4.0 How have the body and emotions evolved to work together?



4.7 The Evolution of Desire and Emotions

- 1) Imagine if feeling emotionally good evolved with a focus on that which is NOT wanted, desired, or intended?***
 - a. If dwelling upon the lack of food, water, and shelter felt good?***
 - b. If being thirsty felt good, when being thirsty meant that the body needs water?***
 - c. What is going to happen?***

- 2) Imagine if feeling emotionally bad evolved with (correlated with)***
 - a. A successful hunt,***
 - b. A successful gather of food, water, and shelter***
 - c. What is going to happen?***

Feeling emotionally-good must have evolved with (or correlate with) that which is wanted, desired, and or intended. And feeling emotionally-bad must have evolved with (correlate with) that which is NOT wanted, desired, or intended. Otherwise, how would humanity have survived the evolutionary mill?

4.0 How have the body and emotions evolved to work together?



***4.8 Success (or failure) is a state of being.
What state of being are you in?***

***1) Feeling-good
emotions, moods, attitudes, and feelings have evolved
with (correlate with) the physiology of strength, power,
and cunning conducive to health, well-being, and
success.***

***2) Bad-feeling
emotions, moods, attitudes, and feeling have evolved
with (correlate with) the physiology of weakness,
fragility, and naivety susceptible to illness, injury, and
accidents.***

***Disassociating, ignoring, or camouflaging any
unaddressed emotionally negative bad-feelings will
be revealed within a substandard performance
and, even more dramatically, within an injury.***

4.0 How have the body and emotions evolved to work together?



4.9 What is the importance of emotions and focus?

When an athlete's focus is on:

1) what is wanted, desired, and intended (a win, a success, a championship) = FEELS-GOOD

a. Feeling good has evolved with a strong, healthy, and robust physiology conducive to strength, power, success, and winning.

2) what is NOT wanted, not desired, not intended (a loss, defeat, failure) = FEELS-BAD

a. Feeling-bad has evolved with an unhealthy, weak, and frail physiology susceptible to illness, injury, accidents and losing.

Simply:

Dwelling upon what is wanted feels-good and is about a healthy physiology of the brain and body.

And,

Dwelling upon what is not-wanted feels-bad and is about an unhealthy physiology of the brain and body.

4.0 How have the body and emotions evolved to work together?



4.10 Heading Towards What and at What Rate?

- 1) Because we live in time,***
 - a. feeling emotionally-good does not mean the immediate existence of a healthy physiology,***
 - i. but that an athlete is headed towards a healthier physiology***
 - ii. conducive to greater strength, power, and successful decision-making***
 - b. Likewise, feeling emotionally-bad does not mean the immediate existence of an un-healthy physiology,***
 - i. but that an athlete is headed towards an un-healthy physiology***
 - ii. susceptible to illness, accidents, and injury***

Time gives an athlete the opportunity to enjoy life's experiences when emotionally feeling-good and the opportunity to question, change, and re-focus when emotionally feeling bad.

4.0 How have the body and emotions evolved to work together?



4.10 Heading Towards What and at What Rate?

Because we live in time...

2) How fast is our athlete moving along their journey?

a. The stronger the emotion, the faster the movement.

i. Excitement, enthusiasm, and anticipation = faster movement towards a healthier physiology of strength, power, and successful decision-making

ii. Doom, gloom, and hopeless = faster movement towards an unhealthy physiology of weakness, frailty, and bad-decision-making susceptible to illness, accidents, and injury

Feeling-good (or bad) is about the direction and path one is headed towards (and how fast or slow) rather than its finale and end.

4.0 How have the body and emotions evolved to work together?



4.11 What is an athlete's "locus of focus"?

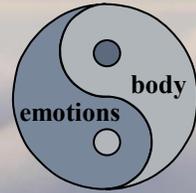
- 1) Right now, what is the state of your being?***
 - a. FEELING-GOOD***
 - b. FEELING-BAD***

- 2) Right now, which state of being are you headed towards?***
 - a. Weak, unhealthy, fragile***
 - b. Strong, healthy, robust***

- 3) Right now, are you more susceptible to injury or conducive to success and winning?***
 - a. susceptible to injury and losing***
 - b. conducive to success and winning***

Enjoying life and competition is necessary for a healthy physiology capable of actualization that which is wanted, desired, and intended.

4.0 How have the body and emotions evolved to work together?



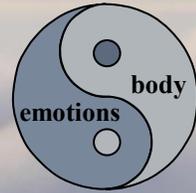
4.12 Developing a Physically Strong Body ALSO means Developing and Maintaining Feeling-Good Emotions, Moods, and Attitudes.

Cognitive-Emotional Strength and Conditioning:

- 1) How many **mental-emotional skills** do you know that are needed to attain and maintain a healthy physiology of success and winning?***
- 2) How **many hours have you practiced** each mental-emotional skill needed to attain and maintain a healthy physiology of success and winning?***
- 3) How **many workouts** have you been run through to obtain and maintain your **FEELING-GOOD** successful state of being?***

Every successful athlete has spent years developing their craft. Years in the weight room, years on the practice field, years training, skill development, how to move, how to act, how to react... But how many hours, days, weeks, and years have they spent strengthening and conditioning their mental-emotional body?

4.0 How have the body and emotions evolved to work together?



- 4) *How many workouts have you been run through to strengthen your **MENTAL-EMOTIONAL BODY**?*
- 5) *How many workouts have you been run through to obtain and maintain your **FEELING-GOOD EMOTIONS** that have an evolved correlation with a strong, healthy, and robust physiology needed for success and winning?*
- 6) *How many times have you **PRACTICED RE-FOCUSING** emotionally unhealthy mental activities towards emotionally healthy mental activities?*

*How many years have you devoted to developing **YOUR** mental-emotional skills, techniques, and abilities that are necessary to obtain and maintain the healthy physiology needed for a championship performance and for successful decision-making, as well as for intuitive and instinctive action and re-action?*

4.0 How have the body and emotions evolved to work together?



4.13 What do you do for emotional strength and conditioning? What does that even mean?

A mountain exists

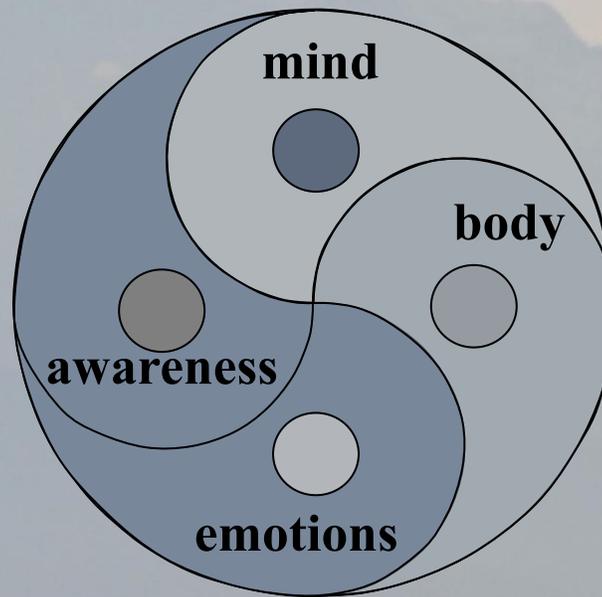
(and your journey exists)

as you have been taught.

What have you been taught about emotional-feelings themselves? What do emotions mean? What does emotionally feeling-good mean? What does emotionally feeling-bad mean. How many re-focusing moves, skills, techniques, and abilities do you have to show your friends how mentally-emotionally strong and skillful you are?



*Success is a feeling-good,
mental-emotional healthy state of being.*



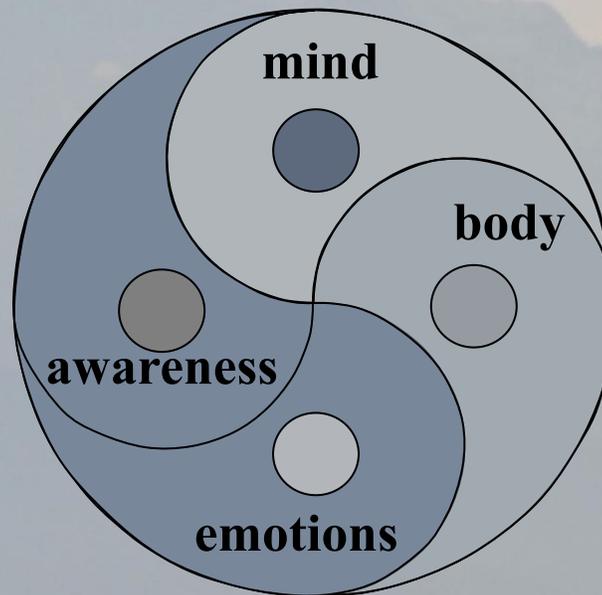
Be It!



*An athlete's symbiotic synergy between mind, body, and emotional awareness has evolved over millions of years of survival of the fittest, most powerful, strongest, and agile of bodies as well as survival of the most clever, creative, and cunning minds that ever have lived on this planet.
Your evolutionary heritage is there.
It up to you to Be It!*



*Success is a feeling-good,
mental-emotional healthy state of being.*



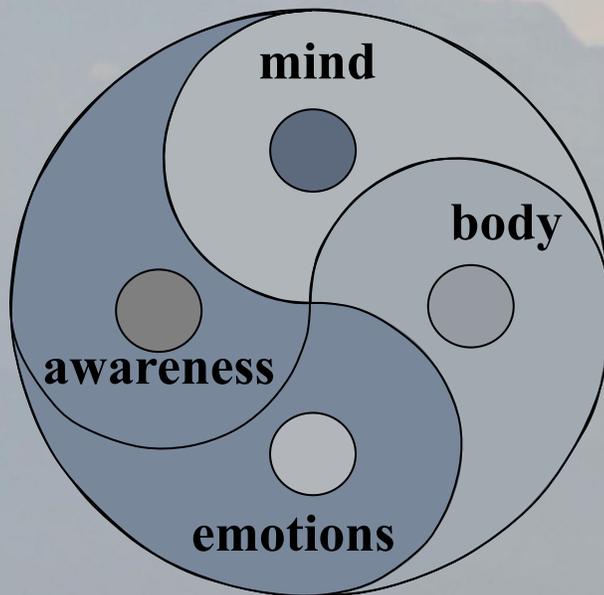
Be It!



A feeling-good, cultivated, healthy mental-emotional state of being is conducive to an athlete's evolutionary heritage of power, strength, and agility as well as to the cleverness, creativity, and cunning. A feeling-good mental-emotional healthy state of being is necessary for any Championship performance.



*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



I hope you are seeing a new mountain... To be a World Champion or an Olympic Champion, or simply just to make a team, is to be a World Champion or Olympic Champion, or a team player on the Inside. An athlete must “Be It” BEFORE they can “See It”.



Success is not trying

Success is not doing.

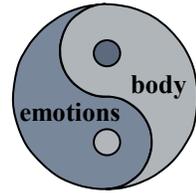
Success is being.

Success is a state of being.

Don't do it.

Be It!

4.0 *How have the body and emotions evolved to work together?*



“Introduction to The Tao of Athletic Success Workout”

Part 4: How have the body and emotions evolved to work together?

Post-Test (Mark all that apply.)

- 1) Will an athlete in an emotional bad-feeling place because of life's challenges at home, reach their potential in athletics?
Yes _____ No _____ If they're lucky _____

- 2) How many MENTAL-EMOTIONAL workouts have you had today to strengthen your PHYSICAL body?
 - a. None:
 - b. Once: at the beginning of practice,
 - c. I am always in a feels-good healthy state of being
 - d. I don't mentally-emotionally workout my body.
 - e. I don't believe a mental-emotional workout gives me a stronger, quicker, and healthier body with more endurance?

- 3) Right now, what is the state of your being?
 - a. FEELS-GOOD
 - b. FEELS-BAD

- 4) Right now, what is the state of physiology are you headed?
 - a. Weak, unhealthy, fragile
 - b. Strong, healthy, robust

- 5) Right now, are you more susceptible to injury or more conducive to success and winning?
 - a. susceptible to injury
 - b. conducive to success and winning

Cognitive-emotional re-processing means to change destructive, disempowering, negative and bad-feeling thoughts of failure into constructive, empowering, positive, and good-feeling thoughts of success.

The key (to health, well-being, and success) is to learn and to develop the skills, abilities, and beliefs that are necessary to re-process emotionally negative cognitive activities into emotionally positive cognitive activities.

5.0 The Mental-Emotional Body: Strength & Conditioning



“Introduction to “The Tao of Athletic Success Workout”

Part 5: The Mental-Emotional Body: Strength & Conditioning

Pre-Test (Mark all that apply.)

- 1) Emotionally feeling-good means movement TOWARDS :
 - a) a stronger, healthier neurological, biochemical, and physiological balance in the brain and body
 - b) a weaker, un-healthier neurological, biochemical, and physiological balance in the brain and body

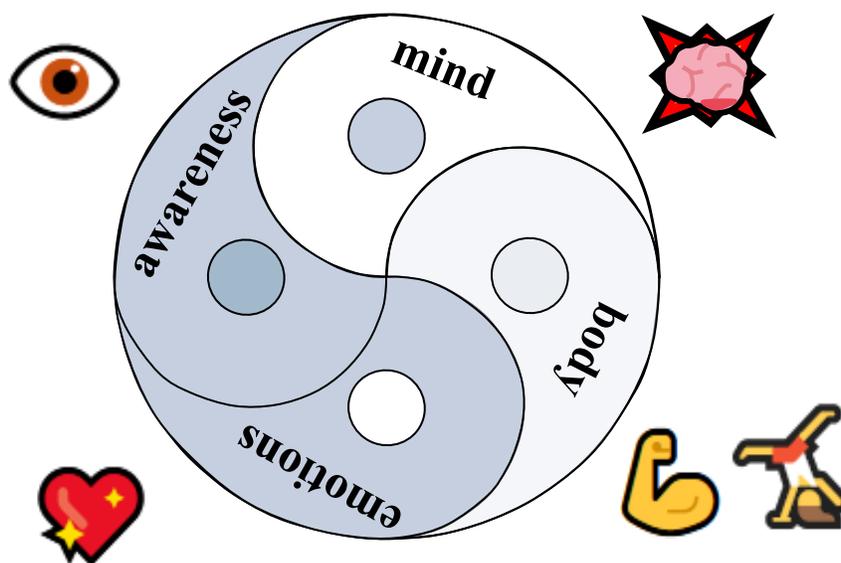
- 2) How many mental-emotional success have you had today?
 - a) One
 - b) Two
 - c) Three
 - d) Many

- 3) The mind-body-emotion-awareness symbiotic relationship has evolved over millions of years of evolutionary struggle, hardship, conflict, battle and survival of the fittest, most powerful, agile, and clever.

_____ True _____ False

- 4) Action from a bad-feeling place
 - a) Will create more poo!
 - b) Emotions don't affect my decision-making ability
 - c) I am mentally tough; there is no place of emotions and decisions
 - d) I get into a good-feeling place before acting

5.0 The Mental-Emotional Body: Strength & Conditioning



***“The Tao of Athletic Success Workout”
Introduction Part 5 Video is available soon on YouTube***

Success or failure in competition (or in life itself) is a mental-emotional state of being first determined within the battlefield of the mind.

5.0 The Mental-Emotional Body: Strength & Conditioning



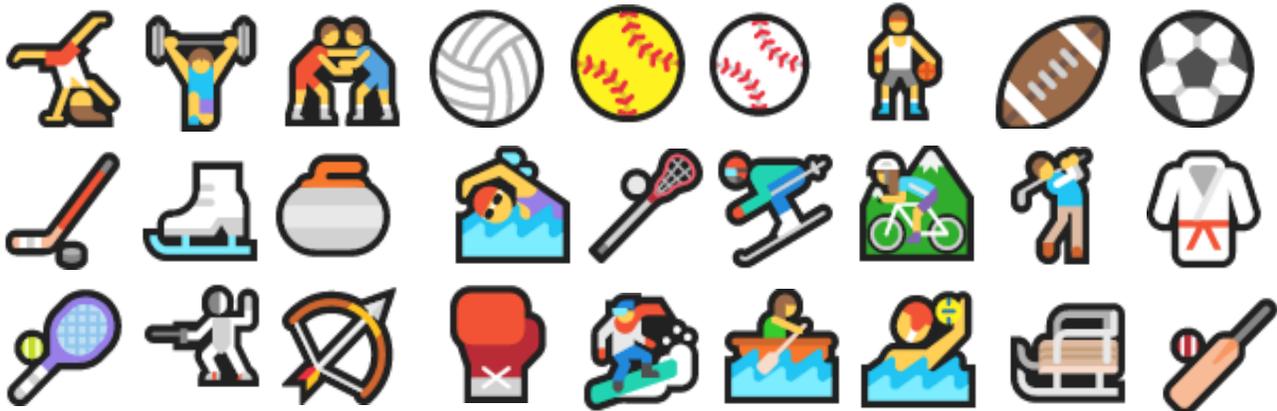
vortex of disempowering,
unhealthy, and bad-feeling
mental activities

Discipline & Work

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

5.1 Know Your House!

How do you prepare “your house” for success?



1) *Every athlete has been taught how to maintain their physical “house” through:*

- 1) *Practice, practice, practice*
- 2) *On the Field Skill and Reflex drills*
- 3) *Weight Strength and Conditioning Training*
- 4) *Classroom Studies to mentally learn moves, plays, counters and how to act...re-act....*
- 5) *And more practice, practice, practice*

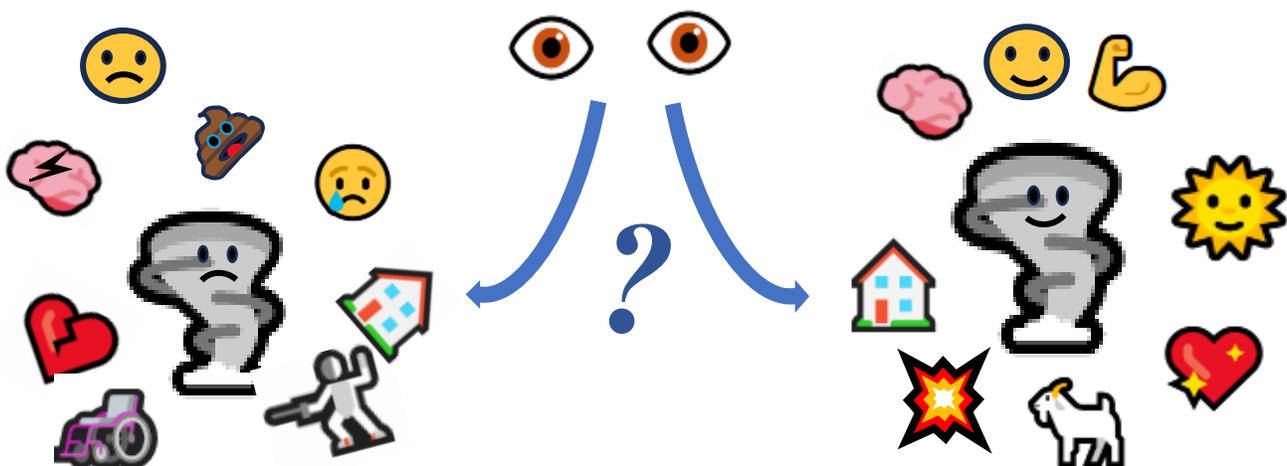


5.0 The Mental-Emotional Body: Strength & Conditioning



5.2 What about MENTAL-EMOTIONAL strength and conditioning for a stronger body and physical power, speed, agility, and endurance?

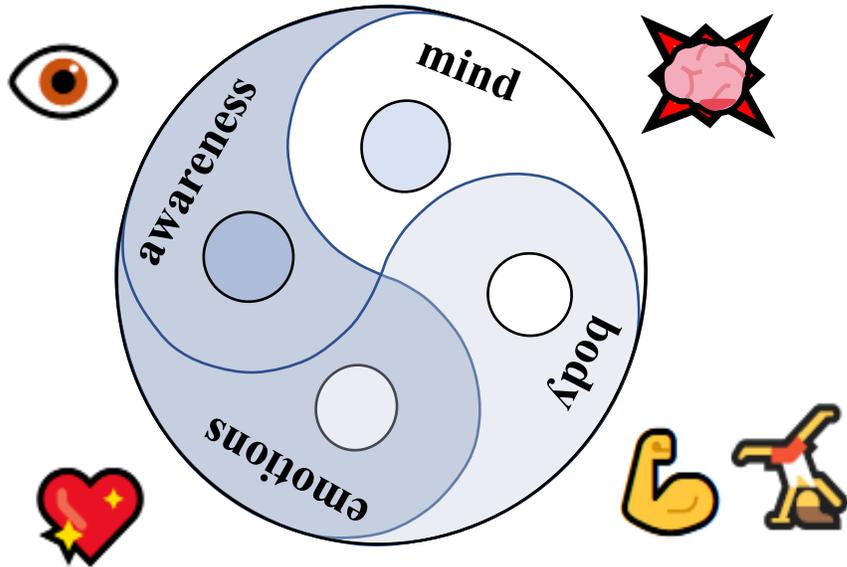
1) What do good and bad-feeling emotions, moods, attitudes, and feelings have to do with a strong and powerful body and mind?



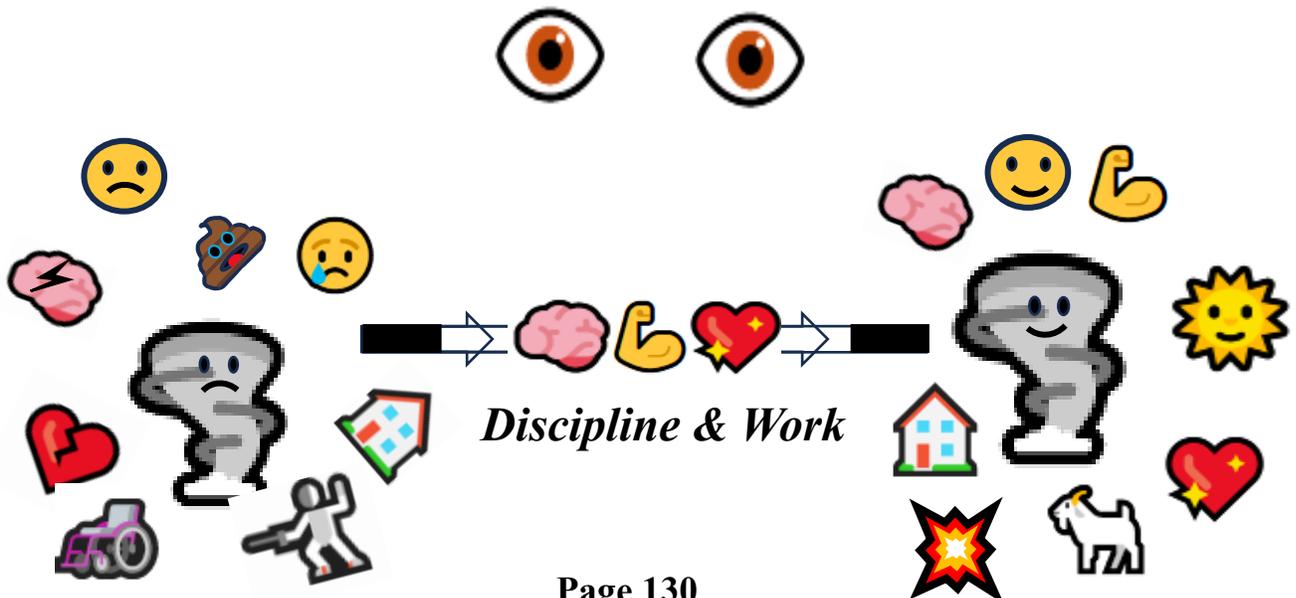
2) WHAT DIRECTION?

- a. Emotionally feeling-good means movement **TOWARDS** a stronger, robust, and healthier neurological, biochemical, and physiological balance in the brain and body...
- b. Emotionally bad-feeling means movement **TOWARDS** a weak, fragile, and unhealthy neurological, biochemical, and physiological imbalance in the brain and body...

5.0 The Mental-Emotional Body: Strength & Conditioning



3) *How many mental-emotional drills and exercises have you done recently to improve and maintain your **PHYSICAL HEALTH AND WELL-BEING** for a championship performance and decision-making ability?*



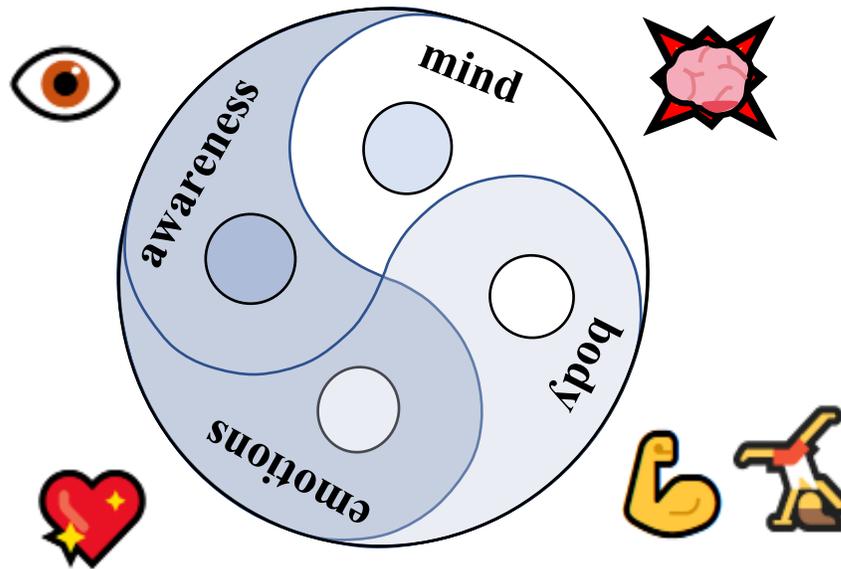
5.0 The Mental-Emotional Body: Strength & Conditioning



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

Discipline & Work

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

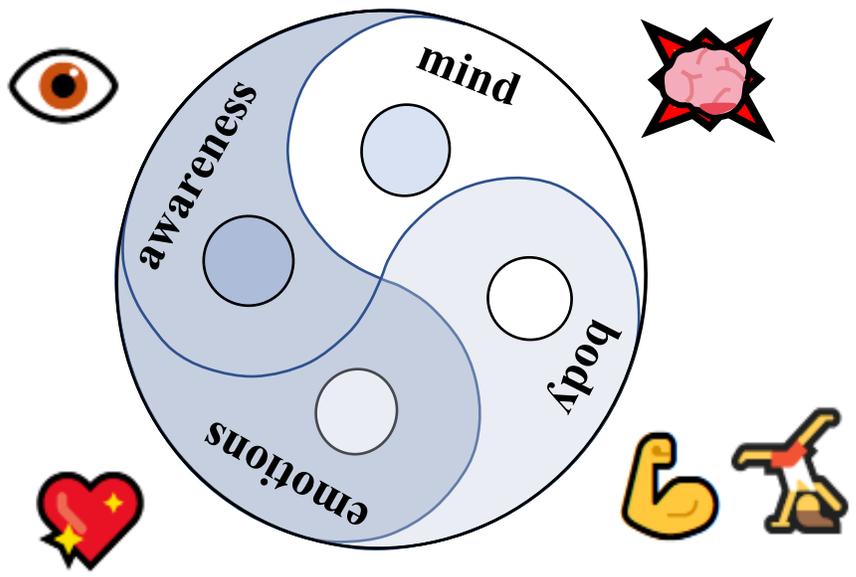


4) What about developing your INTUITIVE mental-emotional body for spontaneous reflexive action and reaction?

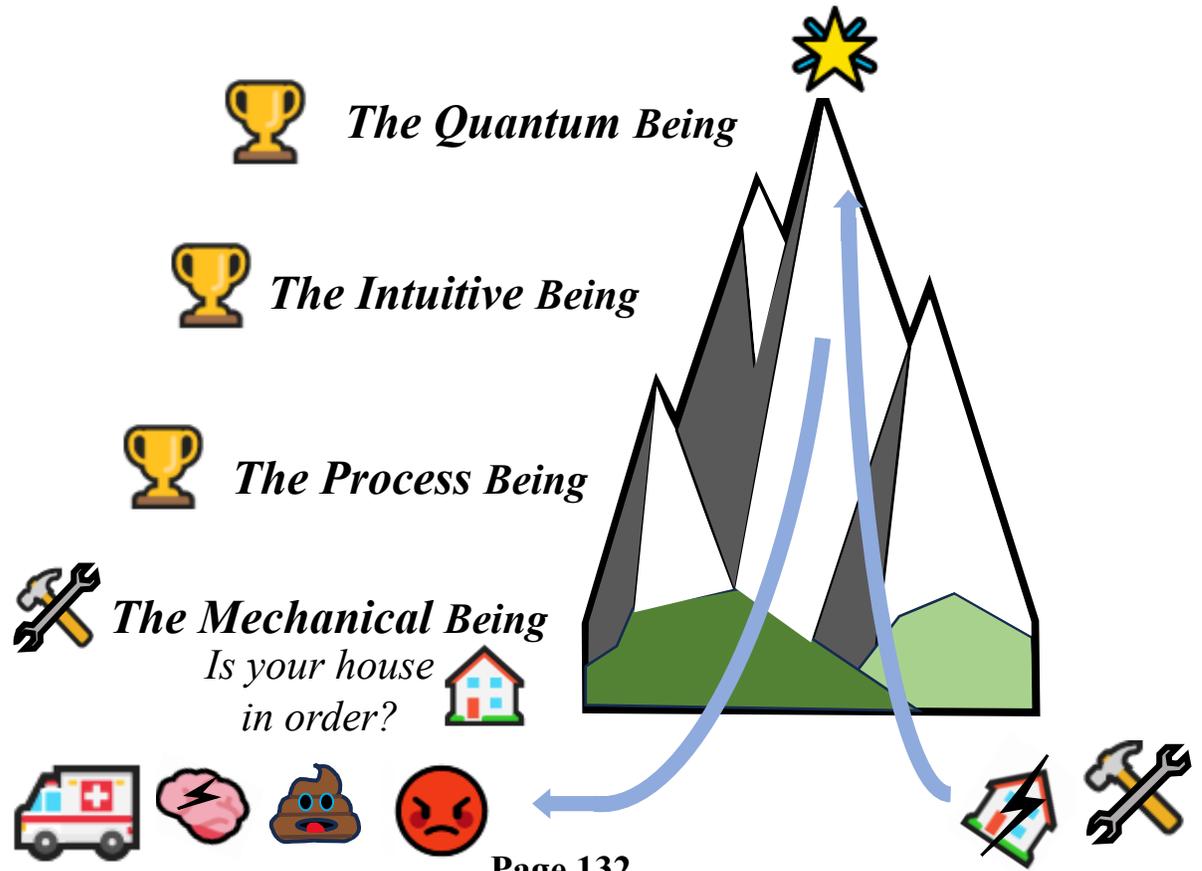
5) What about INSTINCTS? What about luck? Do you know how to improve your instincts, intuition, and luck as a Quantum Being?



5.0 The Mental-Emotional Body: Strength & Conditioning



6) What happens when you climb Mt. Everest unprepared?



5.0 The Mental-Emotional Body: Strength & Conditioning



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

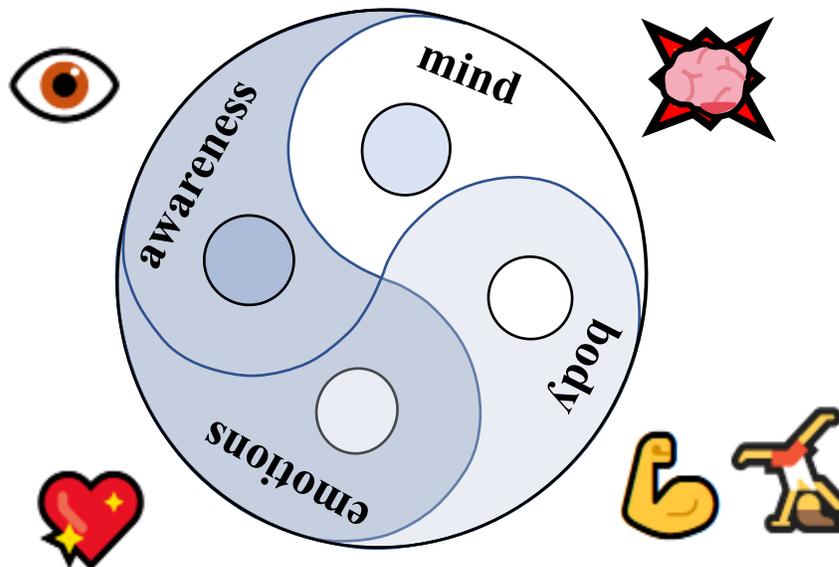
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healthy, and good-feeling
mental activities

5.3 What about emotions?

1) *Practice is 90% physical, 10% mental. Competition reverses those numbers to 90% mental, 10% Physical.*

And emotions? What about emotions?



- What do emotions have to do with a strong body and mind?*
- How do you get your mental-emotional body in shape?*
- What is mental-emotional strength and conditioning?*
- What is a strong, healthy, and robust mental-emotional body/?*
- What is mental-emotional health, well-being, and success?*

5.0 The Mental-Emotional Body: Strength & Conditioning



What do emotions have to do with a strong body and mind?



5.4 Evolution of the Body, Mind, and Emotions!



- 1) *Bad-feeling emotions, moods, attitudes, and feeling have an evolved correlation with the physiology of imbalance, weakness, and failure, susceptible to illness, injury, and accidents.*



- 2) *Feeling-good emotions, moods, attitudes, and feelings have an evolved correlation with the physiology of balance, strength, and power, conducive to health, well-being, and success*



- 3) *What is emotional strength? What does that mean?*



5.0 The Mental-Emotional Body: Strength & Conditioning



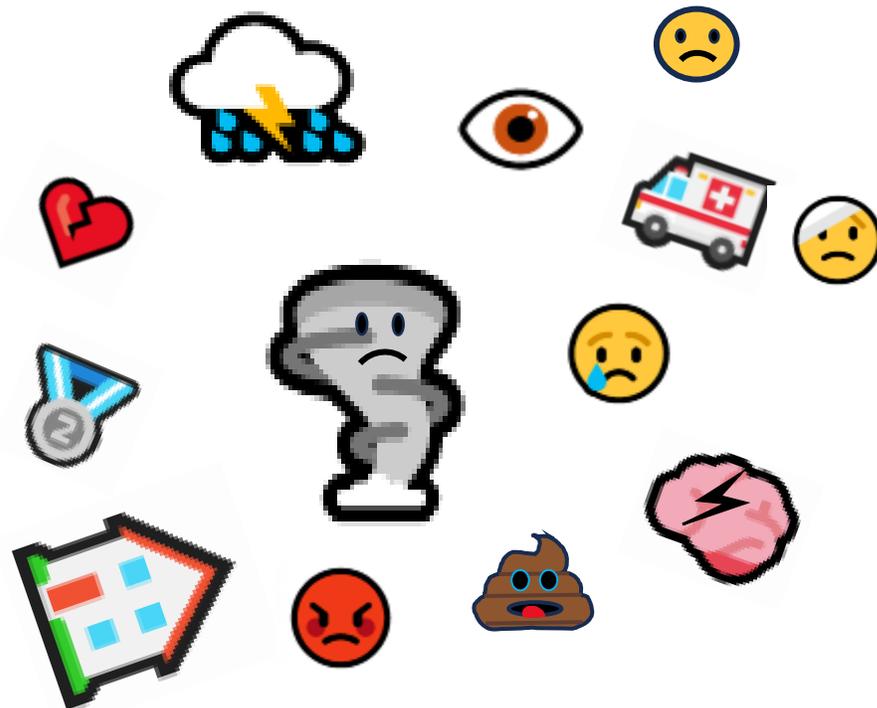
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unhealthy, and bad-feeling
mental activities

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healthy, and good-feeling
mental activities

5.5 Action from a Threat State of Being (Feels-Bad)

- 1) *The player/team that wallows in the misery of the “setback” or “mishap” and maintains their BAD-FEELING VORTEX on that which is NOT wanted/desired/intended will magnify each mishap into even more poo.*



- 2) *Action from a bad-feeling place will only create more
poo!*



5.0 The Mental-Emotional Body: Strength & Conditioning



5.6 Action from a Challenge State of Being (Feels-Good)

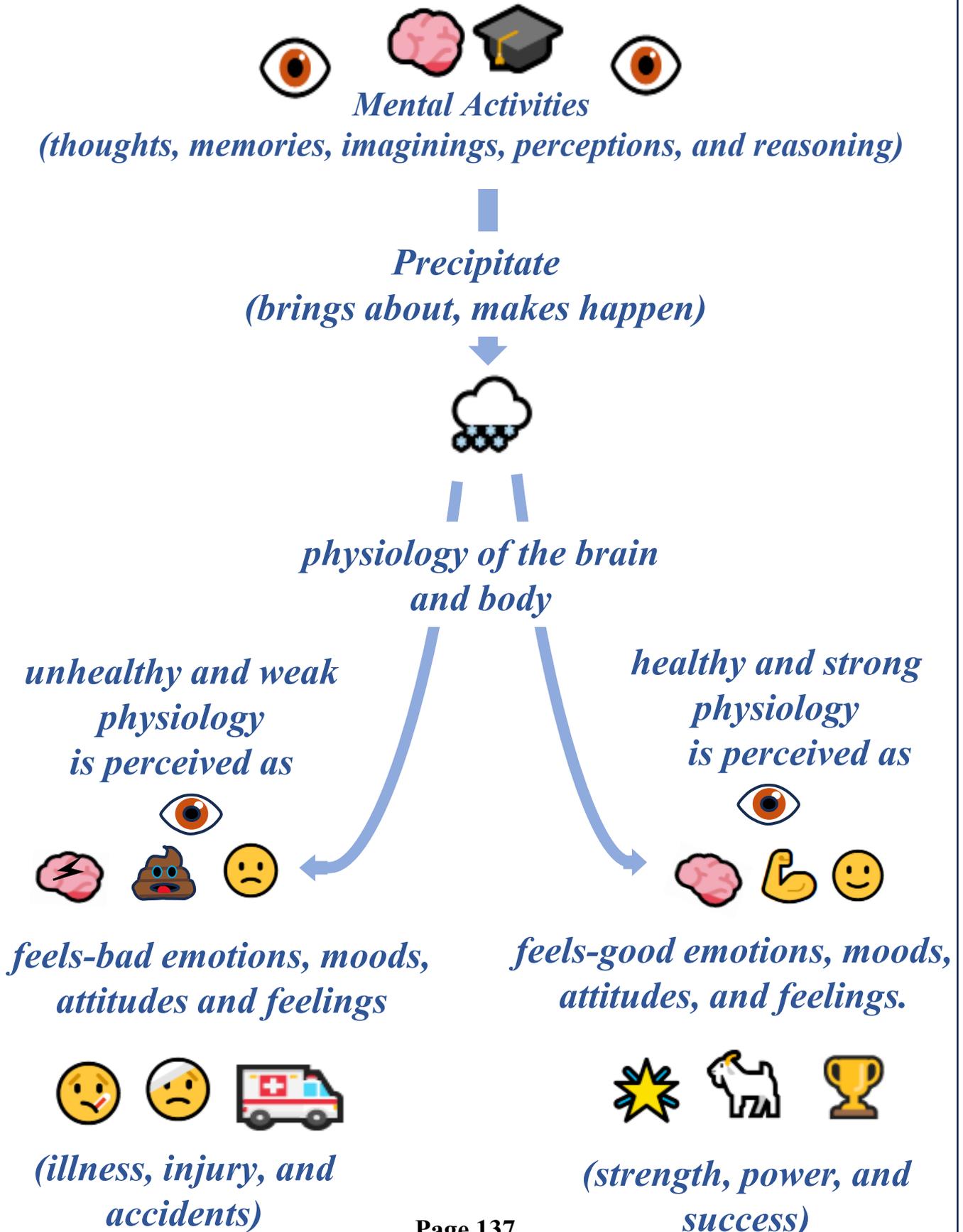
- 1) *The player/team that, spites their “setback” and maintains their GOOD-FEELING VORTEX on their want/desire/intended victory will learn and even benefit from each mishap.*



- 2) *Action from a good-feeling mental-emotional state allows the rendezvous of people, places, and events of that which is wanted, desired, and intended including success!.*

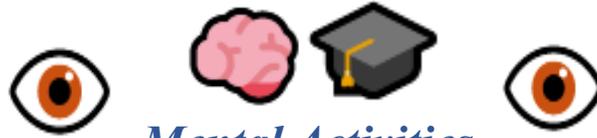
5.0 The Mental-Emotional Body: Strength & Conditioning

5.7 What is mental-emotional strength and conditioning?



5.0 The Mental-Emotional Body: Strength & Conditioning

5.7 What is mental-emotional strength and conditioning?



Mental Activities

(thoughts, memories, imaginings, perceptions, and reasoning)



Precipitate

(brings about, makes happen)



What thoughts, memories, or imaginings, bring about an unhealthy physiology of the brain and body?

What thoughts, memories, or imaginings bring about a healthy physiology of the brain and body?

Physiology of the brain and body



bad-feeling emotions, moods, attitudes, and feelings.

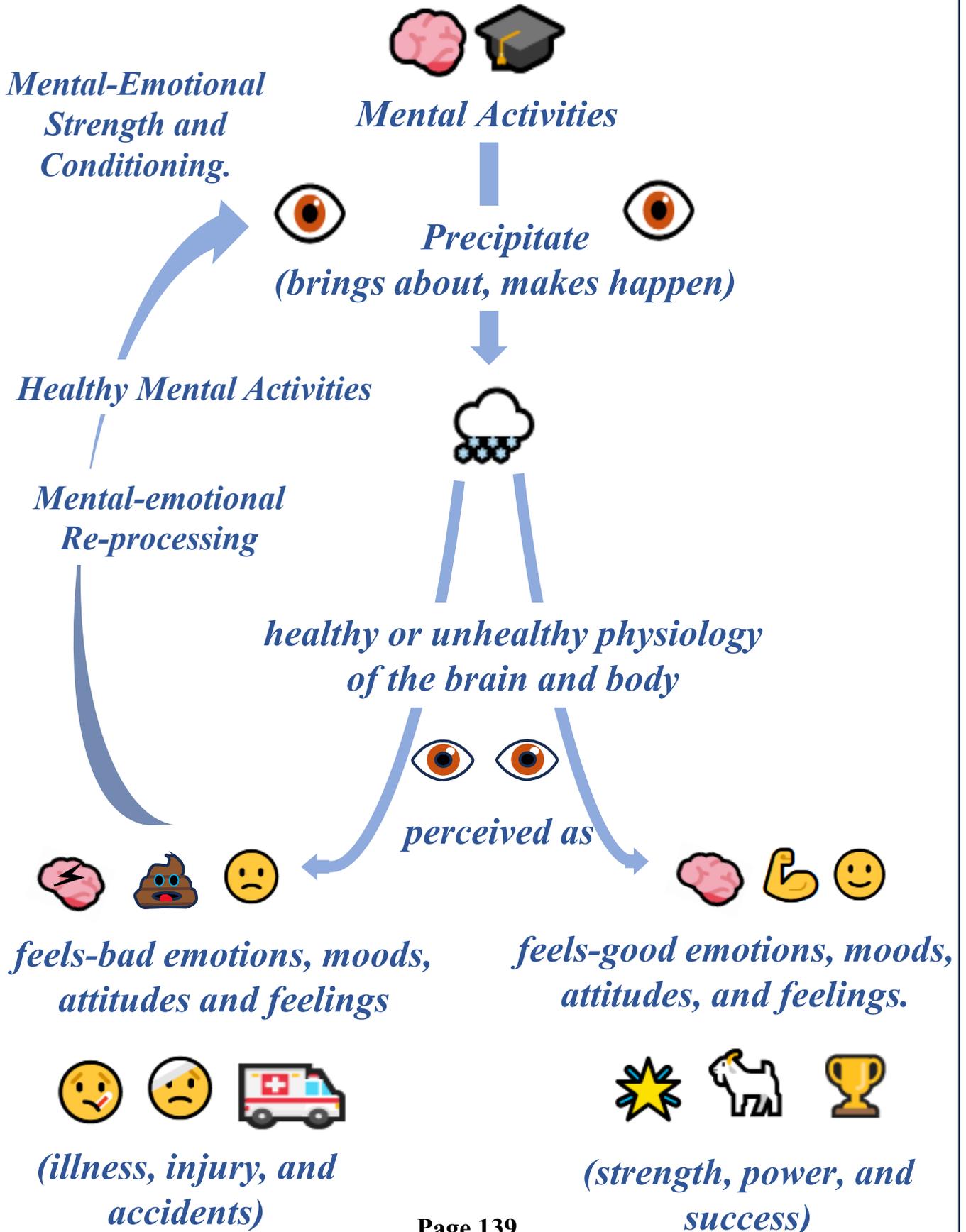
good-feeling emotions, moods, attitudes, and feelings?

Anger is different. Anger is about a burst of adrenalin for short term fight or flight survival but is unhealthy and debilitating in the long term.



5.0 The Mental-Emotional Body: Strength & Conditioning

5.7 What is mental-emotional strength and conditioning?



5.0 The Mental-Emotional Body: Strength & Conditioning



5.8 Discipline & Work: Returning to a Vortex of Power

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.

So.... Step 1, Do something for yourself that brings about good-feeling emotions, moods, attitudes, and feelings. Distracting activities are only a first step. Here are some ideas that can help an athlete develop their own list:

- 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); another pattern?*
- 4) *Song and Laughter*
 - a. *Listen to music, watch videos,*
 - b. *get a laugh, sing a song.*

5.0 *The Mental-Emotional Body: Strength & Conditioning*



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

Discipline & Work

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

5.8 *Discipline & Work: Returning to a Vortex of Power*



Step 1: Develop Healthy Mental-Emotional Distracting Activities (cont.)

- 5) *Go some place comforting, or exciting, or peaceful, etc.*
- 6) *Rampages of Appreciation*
- 7) *Acts of Kindness*
- 8) *Hobbies and Extra-Curricular Activities*
- 9) *Creative writing*
- 10) *Dwell within a feeling-good Higher Power*

Use your emotional awareness to gage how you are doing. You might not be feeling good, but do you have a feeling that is “less-bad”? Emotionally feeling less bad is a good thing.

Less-bad leads to feeling-good.

The Intent here is to purposely distract the mind and get off a bad-feeling subject and into a better-feeling place of power. An athlete must always question, about the validity of getting on an emotionally bad-feeling merry-go-round... But if you must... if you can't help it... see Step 2.

5.0 The Mental-Emotional Body: Strength & Conditioning



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

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

5.8 Discipline & Work: Returning to a Vortex of Power



Step 2 Exercises: Develop Mental-Emotional Re-Processing Skills, Abilities, and Understandings 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?

Cognitive-Emotional Re-Processing Skills and Techniques

“The Heavy Lifts.”

- 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”.**

5.0 The Mental-Emotional Body: Strength & Conditioning



5.8 Discipline & Work: Returning to a Vortex of Power



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

- 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.*
- 8) *Re-evaluate wants, and desires: re-establish or re-think intent/intentions*
 - a. *Intent sets and calibrates the emotional guidance on what feels-good and what feels-bad.*
 - b. *If I intend to climb Mt. Everest, I want an ice-axe (feels-good), not a claw hammer (feels-bad).*
 - c. *Maybe this is not the year to climb Mt. Everest. That is, no matter what you do, you can’t get into the good-feeling place for that ascent. Set another date....*

5.0 The Mental-Emotional Body: Strength & Conditioning



5.8 Discipline & Work: Returning to a Vortex of Power



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

- 9) *Meditate and dwell within the good-feeling place of success*
- 10) *Re-assess inherited personal, institutional, and religious beliefs and logic.*
- 11) *Use religious and secular teachings of compassion, love, and forgiveness.*
- 12) *Learn to “STOP”; don’t start down the negative, bad-feeling rabbit hole.*
- 13) *Use the “not wanted” to define what “is wanted”*
- 14) *Seek professional Therapy, Counseling, and Healing*

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.

5.0 The Mental-Emotional Body: Strength & Conditioning

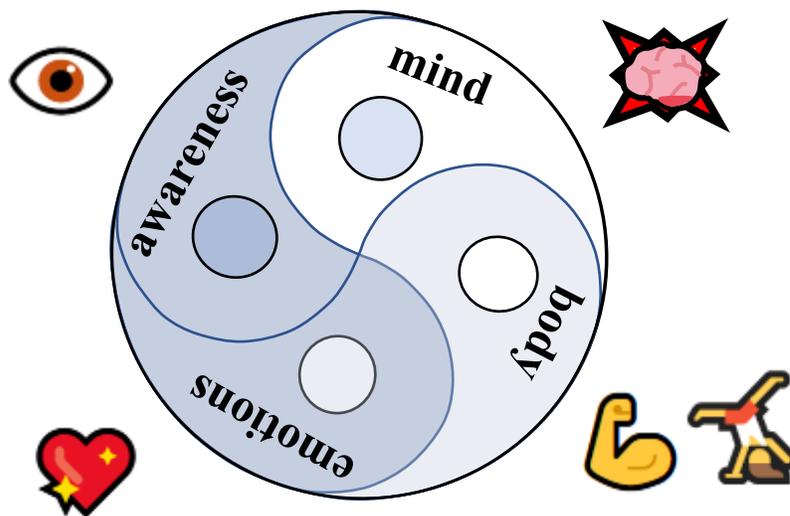


vortex of disempowering,
unhealthy, and bad-feeling
mental activities

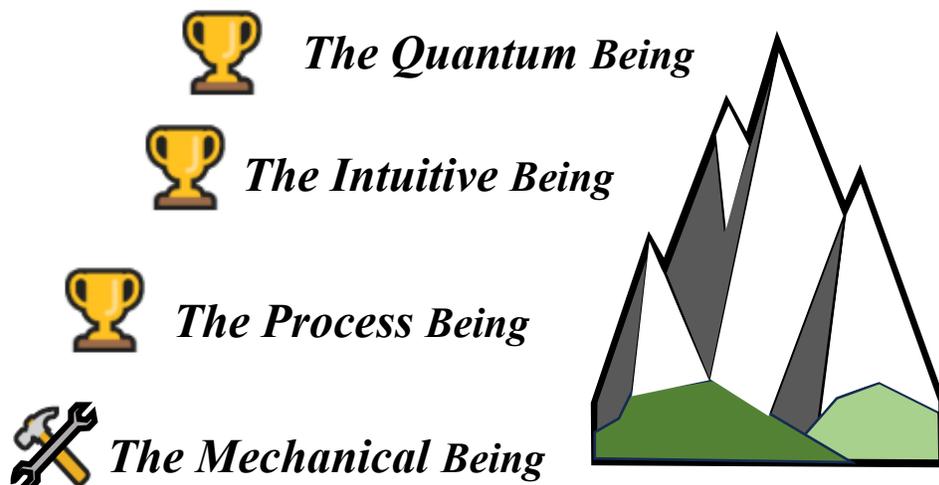
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vortex of empowering,
healthy, and good-feeling
mental activities

5.9 Mind, body, emotions, and awareness are not separate, individual, and conflicting entities.



1) *They are an intertwined web that has evolved to work in synergistic harmony towards health, well-being, and successful decision-making ability.*



5.0 The Mental-Emotional Body: Strength & Conditioning



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

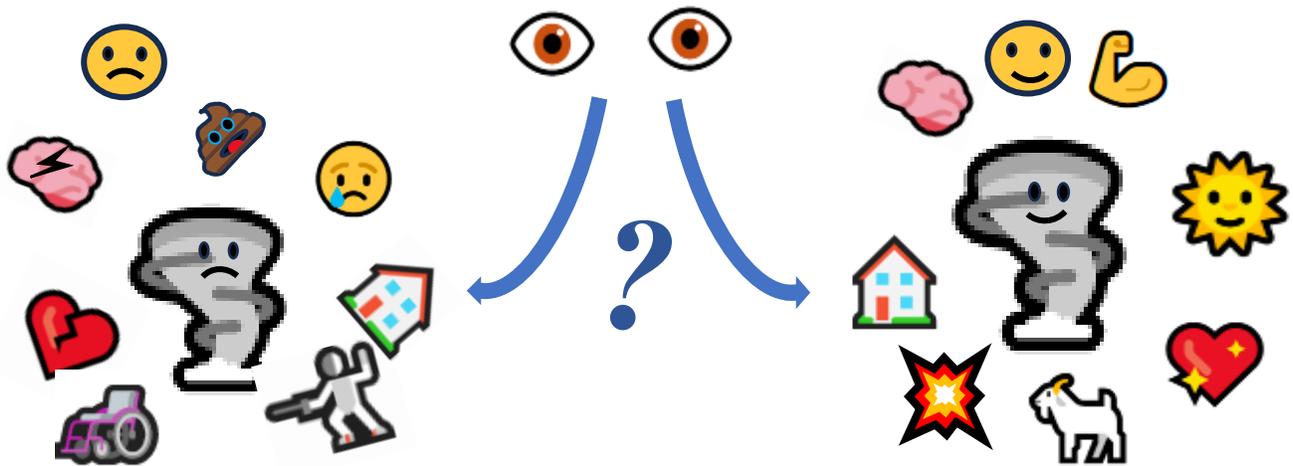
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healthy, and good-feeling
mental activities

5.10 Symbiotic sports psychology is NOT about mental toughness” or being “mentally strong” where an athlete is told to “tough it out”!

1) Symbiotic sports psychology is about mental discipline and using one’s own emotions to guide one’s own mental activities towards a better feeling vortex of power, strength, speed, stamina, agility, and cunning.

Emotions Have Significance!



Feeling-bad, unhealthy and weak physiology is susceptible to illness, injury, and accidents

Feeling-good, healthy and strong physiology is conducive to strength, power, and success



5.0 The Mental-Emotional Body: Strength & Conditioning



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

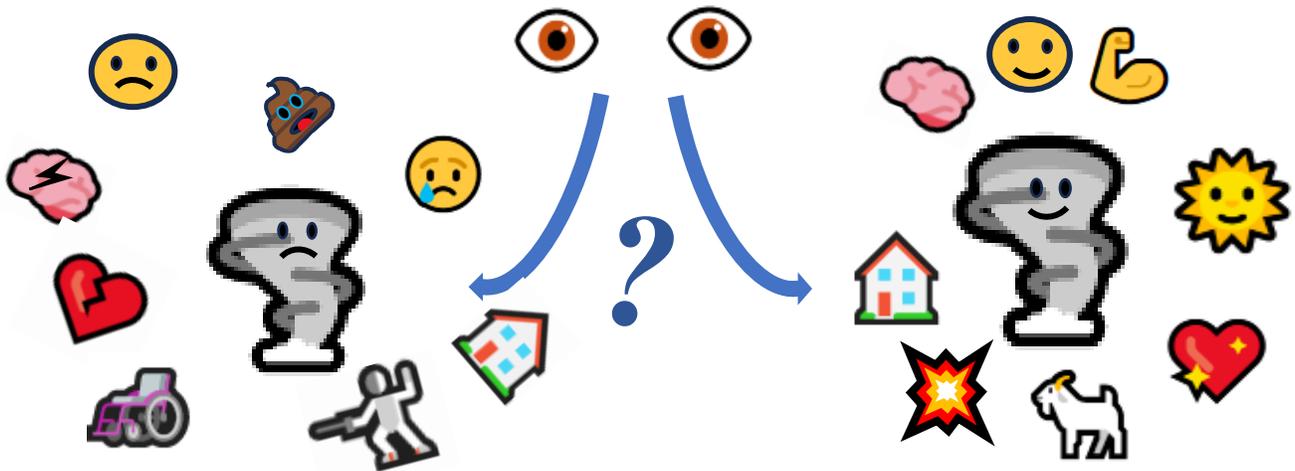
Discipline & Work

vortex of empowering,
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mental activities

5.11 “BAGUBA” Training: Mental-Emotional Discipline

- 1) “BAGUBA”, is not about mental toughness,
- 2) “BAGUBA” is about mental discipline!
- 3) “BAGUBA” training for success means having the mental discipline, ability, and motivation to attain and maintain the feeling-good symbiotic synergy between mind, body, emotions, and awareness that supports, strength, power, speed, endurance, and agility, and successful decision-making prowess.

Emotions Have Significance!



Feeling-bad, unhealthy and weak physiology is susceptible to illness, injury, and accidents.

Feeling-good, healthy and strong physiology is conducive to strength, power, and success.



5.0 The Mental-Emotional Body: Strength & Conditioning



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

Discipline & Work

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

4) "BAGUBA"

a. *Brutally Aggressive Guy (Girl) Uninhibited by Adversity*

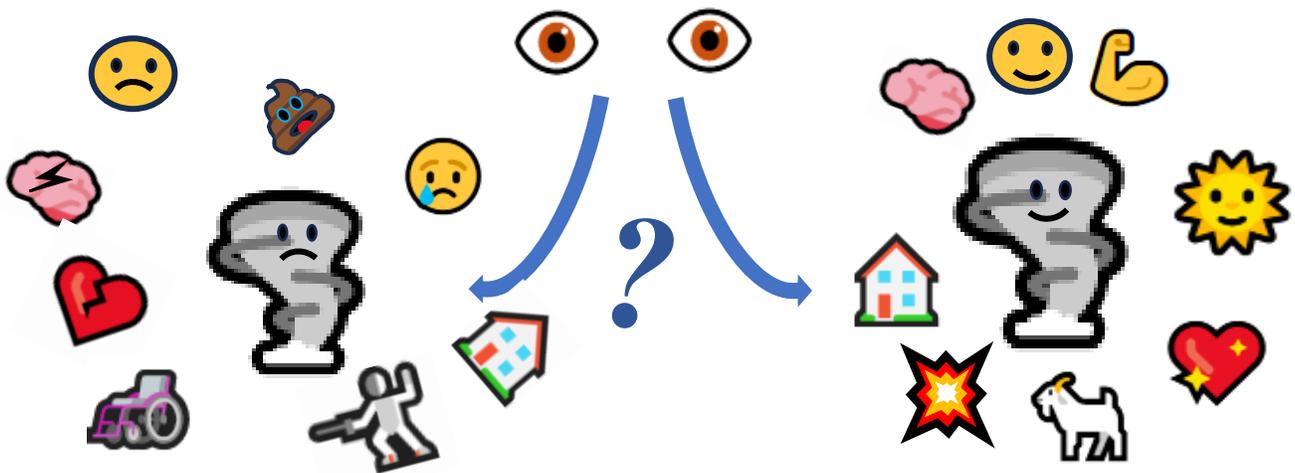
5) *Becoming a "BAGUBA" IS*

a. *NOT about brutally dominating the opposition – physically, emotionally, and mentally.*

b. *NOR IS a "BAGUBA" about tolerating and playing through pain, injury, and adversity.*

c. *A "BAGUBA" is about mental-emotional re-processing!*

Emotions Have Significance!



Feeling-bad, unhealthy and weak physiology is susceptible to illness, injury, and accidents

Feeling-good, healthy and strong physiology is conducive to strength, power, and success



5.0 The Mental-Emotional Body: Strength & Conditioning



vortex of disempowering,
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mental activities

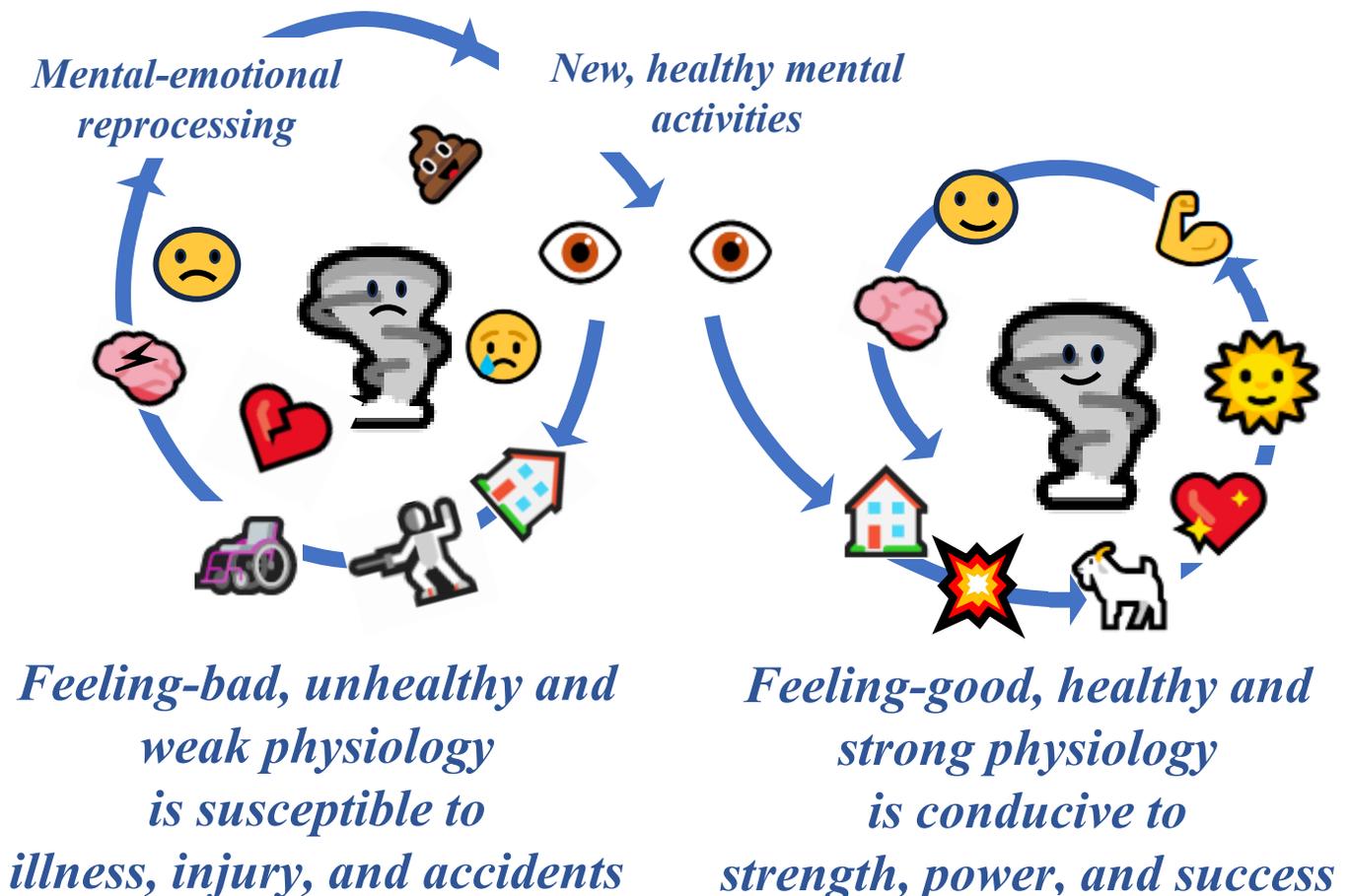
Discipline & Work

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

6) Not “mental toughness” but “mental discipline.”

a. A "BAGUBA" is brutally aggressive in utilizing one's own emotional awareness to guide and re-process one's own mental thoughts away from negative, bad-feeling unhealthy mental activities and towards the good-feeling healthy physiology of

- i. strength, power, speed, endurance, agility, and of
- ii. effective and successful decision-making prowess and ability.



Feeling-bad, unhealthy and weak physiology is susceptible to illness, injury, and accidents

Feeling-good, healthy and strong physiology is conducive to strength, power, and success



5.0 The Mental-Emotional Body: Strength & Conditioning



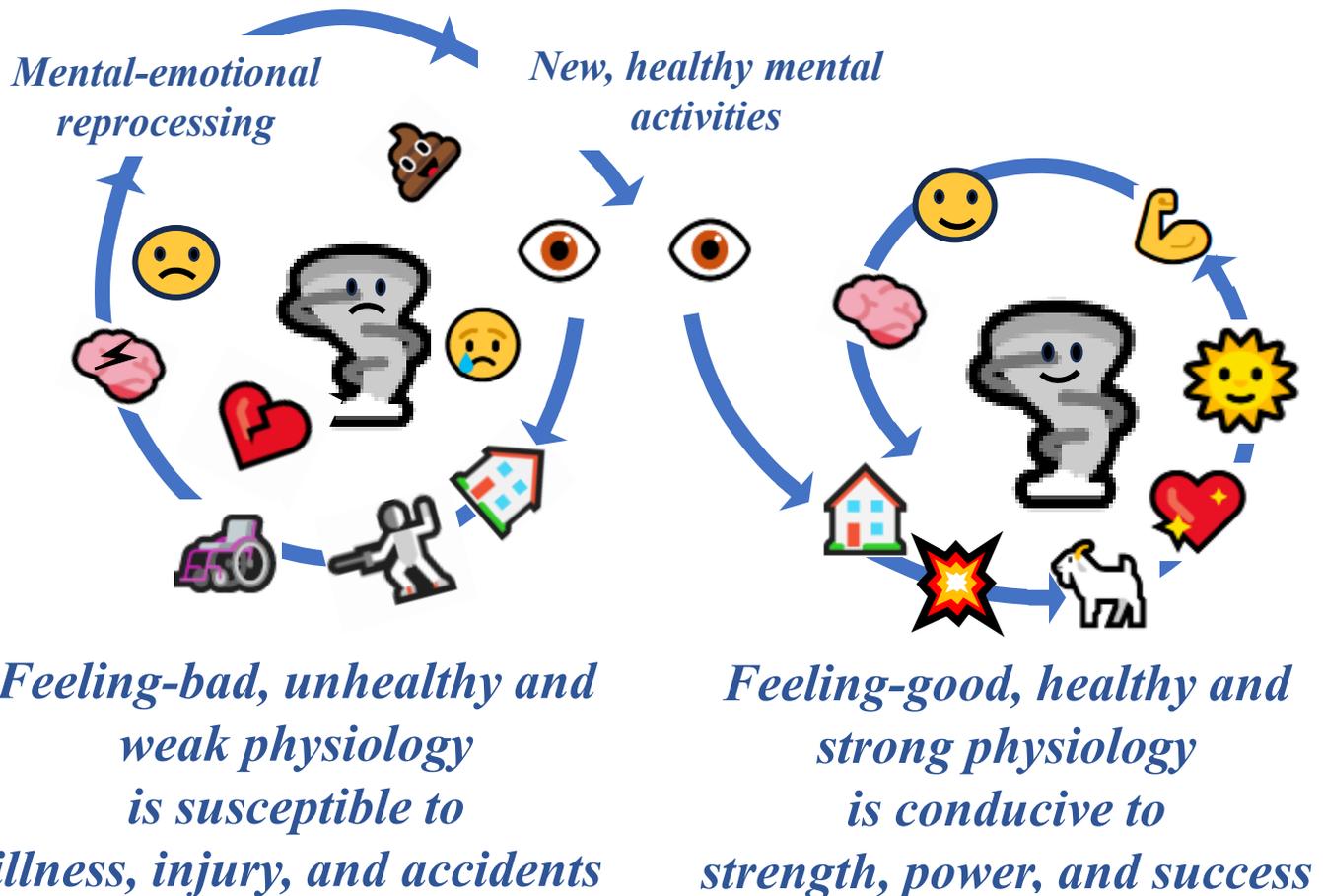
vortex of disempowering,
unhealthy, and bad-feeling
mental activities

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

7) *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.



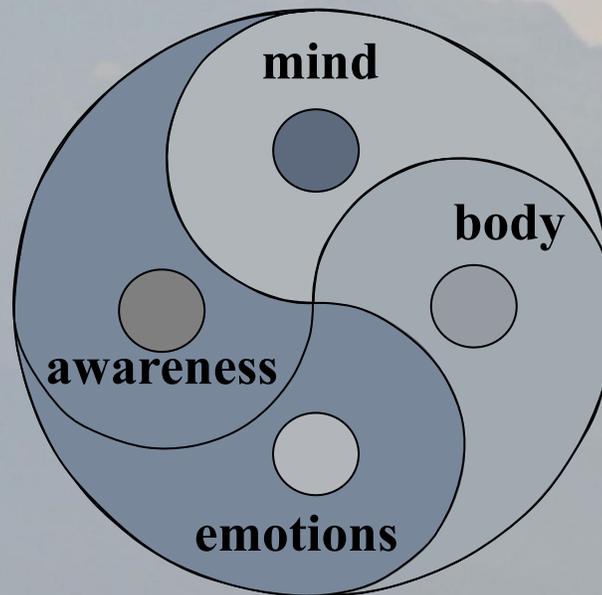
Feeling-bad, unhealthy and weak physiology is susceptible to illness, injury, and accidents

Feeling-good, healthy and strong physiology is conducive to strength, power, and success





*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



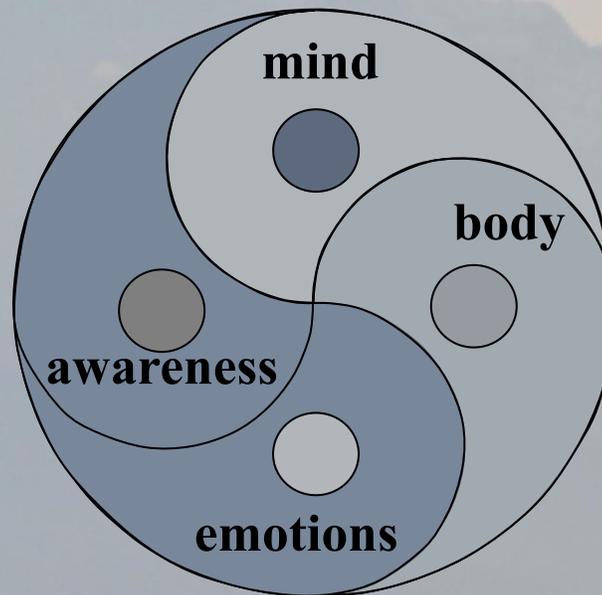
*An athlete's symbiotic synergy between mind,
body, and emotional awareness has evolved over
millions of years of survival of the fittest, most
powerful, strongest, and agile of bodies as well as
survival of the most clever, creative, and cunning
minds that ever have lived on this planet.*

Your evolutionary heritage is there.

It up to you to Be It!



*Success is a feeling-good,
mental-emotional healthy state of being.*



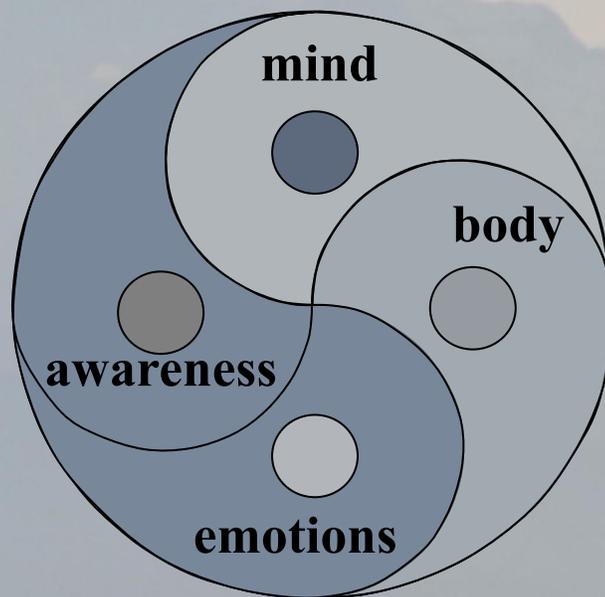
Be It!



A feeling-good, cultivated, healthy mental-emotional state of being is conducive to an athlete's evolutionary heritage of power, strength, and agility as well as to the cleverness, creativity, and cunning. A feeling-good mental-emotional healthy state of being is necessary for any Championship performance.



*Success is a feeling-good,
mental-emotional healthy state of being.*



Be It!



*I hope you are seeing a new
mountain... To be a World Champion or an
Olympic Champion, or simply just to make
a team, is to be a World Champion or
Olympic Champion, or a team player on the
Inside. An athlete must “Be It” BEFORE
they can “See It”.*



Success is not trying

Success is not doing.

Success is being.

Success is a state of being.

Don't do it.

Be It!

5.0 The Mental-Emotional Body: Strength & Conditioning



“Introduction to “The Tao of Athletic Success Workout”

Part 5: The Mental-Emotional Body: Strength & Conditioning

Post-Test (Mark all that apply.)

- 1) What is mental-emotional strength and conditioning?
 - a. Being emotionally aware
 - b. Using bad-feeling mental activities to find good-feeling activities
 - c. Reprocessing bad-feeling mental activities into good-feelings
 - d. Exercising and moving towards a healthier physiology

- 2) What is the purpose of mental-emotional distracting activities?
 - a. To distract the mind away from disempowering mental activities
 - b. To get into a better feeling place of power
 - c. To not physically react to bad-feeling emotions
 - d. To regroup, prepare, and act from a good-feeling place of power

- 3) What does “turn pain into gain” mean?
 - a. Find a better feeling, more powerful thought
 - b. Re-state and refocus from an unwanted to wanted desire and intent
 - c. Re-frame: turn lemons into lemonade
 - d. Belief modification: reason out better feeling ideas and concepts

- 4) What does “buyer beware” mean?
 - a. Some sales and marketing are false, untrustworthy, and deceptive
 - b. Emotional good-feeling decisions can be unfortunate
 - c. Value one’s own mental-emotional place of being
 - d. Sometimes the only way to success is to be unfortunate

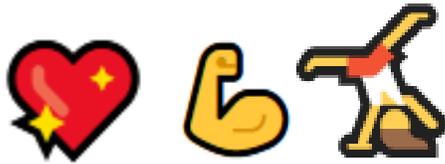
A person who never resolves the emotional dissonance brought on by the conflicts within their mind will never find the internal peace and harmony needed to move beyond the confines of a physical universe of objects and linear cause and effect and reach their power that exists within.



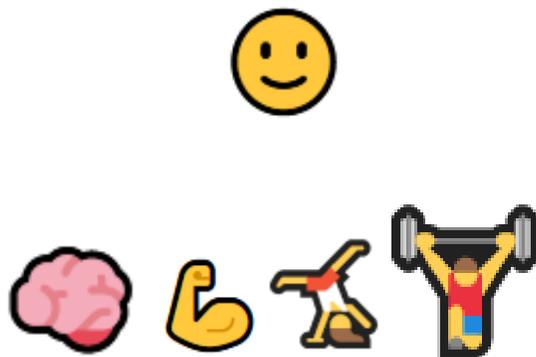
To have the physiological capacity for situational awareness, comprehension, and response, that is, to have the neurological and biochemical physiology demanded by a world-class performance, emotions, moods, attitudes, and feelings must be in a feeling good state of awareness.



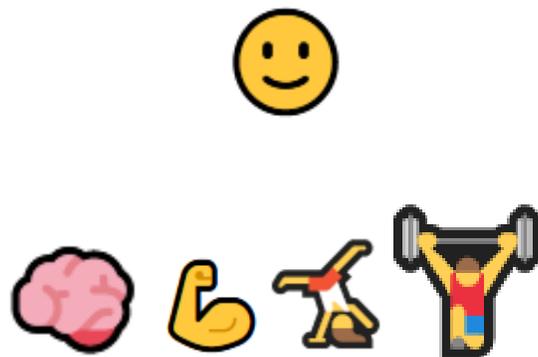
*Not until the illusion of emotions is understood
will the power of emotions be revealed.*



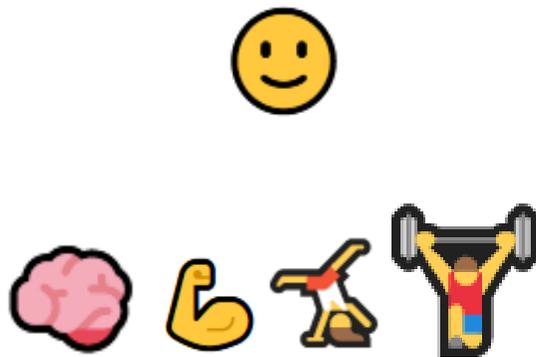
*Feeling-good emotions, moods, attitudes and feelings
have an evolved correlation with an empowered,
robust, and healthy physiology of the brain and body
(that leads to strength, speed, stamina, agility,
cunning, and successful decision-making).*



*Within the excitement and anticipation of a play,
practice, or game lies an empowered physiology of
strength, cunning, and capacity to perform.*



*Biologically speaking; What feels-good-is-good
and what feels-bad-is-bad.*



*We have evolved to be joyous beings (and in
our joy is our power).*

Empowerment, health, and well-being with good, successful, and effective decision-making (and their actualization) can only be made in a vortex of positive, good-feeling emotions, moods, attitudes, and feelings.

*Disempowering activities of the mind precipitate
disempowering changes and states of physiology
perceived as bad-feeling emotions, moods, attitudes,
and feelings*



*Success is a (feeling-good,
healthy) state of being.*



Be It!



Appendix

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Appendix A

Definitions: Putting Evolutionary Power and Energy Back into Words



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

The language of mind, body, emotions, and awareness defines who and what you are. That is, an athlete assembles their world in a vortex of words and their meaning.

An athlete must learn *a language (and being) that empowers an athlete's relationship between the mind, body, emotions, and awareness.* Language (including the language of self-talk) is critical to developing, maintaining, and allowing one's own evolutionary powers of strength, speed, stamina, agility, cunning, and successful decision-making prowess and ability.

*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.*

Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



1) *Powerful and strong physiology:*

Strength, speed, stamina, agility, cunning, and successful decision-making ability and the good feelings they bring. 

2) *Compassionate / emotions /feeling it*

Having a cognitive-emotional concern for others and their well-being. This may evolve out of a “selfless” (how it concerns them) or “selfish” (how it concerns me) interest. Good-feeling compassion is empowering. Bad-feeling compassion is dis-empowering.

3) *Cultivated / wisdom:*

wise, educated, refined understanding and awareness (formal and informal)

4) *Cultivated and Compassionate:*

Awareness and behavior with wisdom and heart and understanding of how “team” and “cooperative” play benefits everyone where “your” well-being is also “my” well-being.

5) *Intuitive Action of “Mind”*

Intuitive action evolves out of cognitive-emotional awareness. “Intuitive action” is not “forced”; an athlete does not “will” it; an athlete does not “demand it; an athlete ‘allows’” it to happen. The QB “allowed” the ball to drop into the receiver’s hands. The basketball player “allowed” the ball to swish the nets.

6) *Cultivated and Compassionate Intuitive Action:*

Allowing action / intuitive action with heart

Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



7) Instinctive Reflexive Action of “No-Mind”



Instincts; without thought/mind and emotions; “no-mind”, “mindlessness”

8) Cultivated and Compassionate Reflexive Action:



Instinctive/reflexive action is cultivated out of the soil of cognitive-emotional intuitive action to carry the essence of humanity (to be human) and have a soul.

9) Physiology / Physiological:



having to do with the body and how it works (includes neurology and biochemistry)



10) Cognition / Cognitive (Mind):



Activities of knowing and awareness; what goes on between the ears (thoughts, memories, beliefs, imaginings, perceiving / perception reasoning,)

11) Emotions, moods, attitudes, and feelings:

the perception of physiological (body) states of being



They feel bad  (the perception of a weakened physiology)  “doo-doo”

OR

They feel good  (the perception of a strong physiology)  “strong”

Note: the use of “good” and “bad” is not in a religious or moral sense, but in a “How do you feel?” as a general sense of body awareness.”

Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



12) Cognitive-Emotional



Cognition and Emotions are not separate entities: emotions are the perception of physiological changes and states of the body precipitated by cognition

13) Awareness



Conscious; state of being aware; knowledge and understanding that something is happening or exists (Merriam-Webster).

14) Meditation:



The purpose of meditation is to quiet the mind (with acceptance and without judgement, desire, wanting, or intent) and to stop the negative and disempowering chatter of the mind. Meditations range from a still mindlessness when focusing on breathing or a candle to a repetitive movement in biking, running, and swimming, to a more intensive motion of forms within yoga, tai-chi, and wushu.

15) Mindfulness:



“Mindfulness means living in the present moment. Essentially, it means being (intentionally) more aware and awake to each moment and being fully engaged in what is happening in one's surroundings – with acceptance and without judgment” (<https://youmatter.world/>).

16) Cognitive-Emotional Mindfulness:



Being aware of one's mental activities and corresponding emotional state with judgement, desire, and intent for a better feeling cognitive-emotional state.

17) Vortex:



Existing in a whirling focus and concentration of thoughts and ideas (that are attracting more and more thoughts and ideas of the same nature) and where any “outside” awareness is limited or non-existent.

Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



18) Precipitate / precipitation:



generates, makes, produces, brings on

19) Dis-empowerment:



Feeling emotionally bad; the precipitation of an unhealthy, weak, and frail physiology precipitated by dis-empowering cognitive activities.

20) Empowerment:



Feeling emotionally good; the precipitation of a healthy, robust, and strong physiology precipitated by empowering cognitive activities.

21) Intent, want, desire:



Resolved or determined to do (something) with conviction. Note: intent sets up (or calibrates) the emotional guidance. If you want to climb Mt. Everest, you want climbing oxygen tanks (feels good), not scuba diving tanks (feels bad).

22) Qi (or Chi):



Energy. An athlete uses their own thoughts, beliefs and intentions to mold and shape their energy of Qi into their reality.

23) Qigong:



The cultivation (refinement) of energy.

Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



24) Synergy Relationship: + =

1+1= 2, 3, 4 or even more! “The whole is greater than the sum of the parts.”

working in harmony together to create something bigger than you could separately

25) Symbiotic Relationship

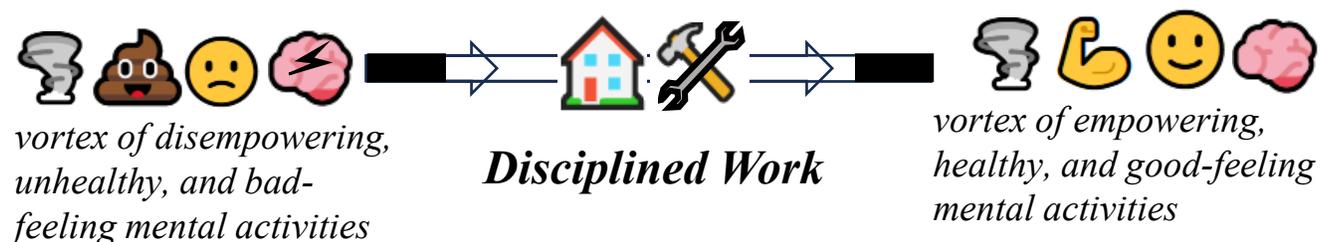
the mind, body, emotions, and consciousness cooperative and harmonious relationship

26) Feeling Stick:

feeling good or feeling bad are two ends of the same stick



27) Cognitive-Emotional Re-Processing:



Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



28) Cultivated



empowered, disciplined, skilled, trained, successful, compassionate intelligent action and reflexive instincts and intuition;

(closed loop process (see section 6.4): capacity to focus and to re-process bad feeling, unhealthy physiology into good feeling and healthy physiology)

29) Self-Indulgent



reactionary, undisciplined, impulsive, unruly; focus on what ever comes by (Squirrel!) for good OR bad;

(open loop process (see section 5.1): makes worse existing healthy OR unhealthy cognitive-emotional behavior)

30) Pathological



tyrannical, destructive, callous, apathetic (open or closed loop cognitive-emotional apathetic behavior to dominate, control, and self-empower)

31) Debilitating and aggressive behavior



32) Exhilarating and Powerful Behavior



Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



33) *Feed the Beast*   *VS.* *Feed the Beast*  

The difference between *feeling good cultivated* intuitive and reflexive action versus *feeling good self-indulgent* intuitive and reflexive action is the difference between being the GOAT and being the Clown.



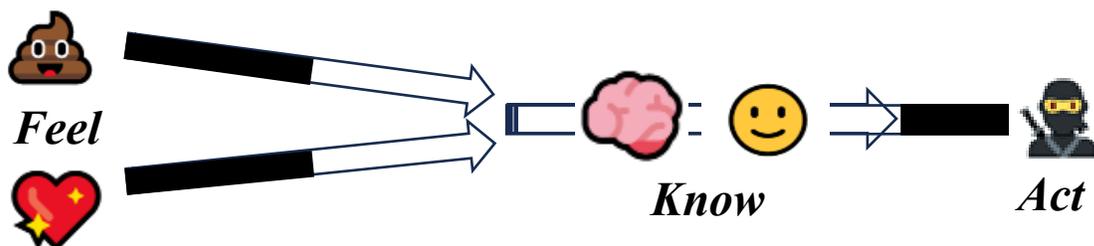
34) *Cultivated Actualization Process*

acting with intent, purpose, and awareness



35) *Gut Awareness and Intuitive Action of “Mind”*

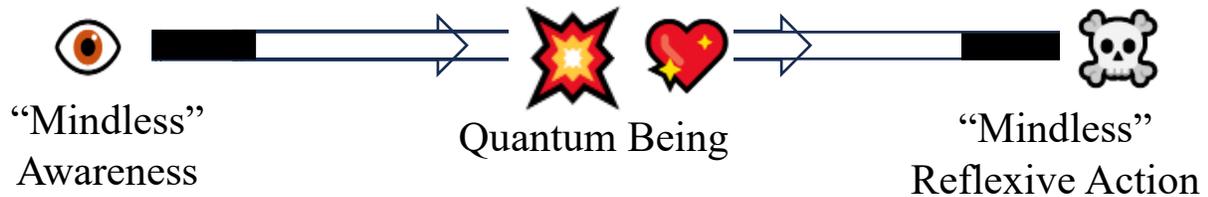
An athlete “feels something” in/with their body and the mind interprets that feeling into action.



Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



36) “Mindless” Awareness and Reflexive Action of Quantum Being
 An athlete “just knows” and “just acts”. Instincts; instinctive; reflexive.



37) “Quantum Being” An athlete seemingly existing and performing outside of “normal” time, space, and ability with mindless awareness and reflexive action.

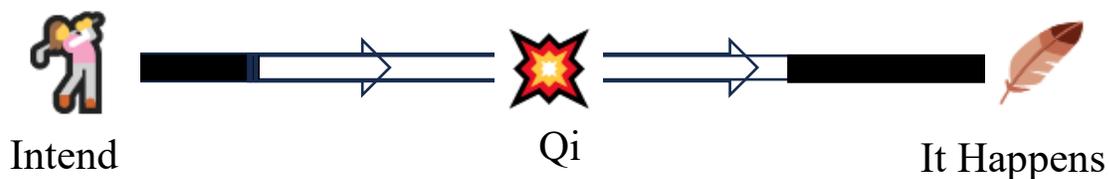
38) Personal Power of Qi



With Qi, the mind shapes reality; emotions indicate the desirability of that shape.

If your emotion is (choose one) : Your reality is?

39) Mojo, Swagger, In the Flow is Being Lucky and “It Happens”



Appendix A: Definitions: Putting the Evolutionary Power and Energy Back into Words



40) Putting your house in order

generates, makes, produces, brings on



41) Body



42) Actualization / actualize / actuation

realization, to make real, to make happen



43) Action, Behavior:

Movement, doing, Do-It., conduct



44) Success

actualize that which is wanted (with joy)



45) Decision-making prowess

the ability to make sound, effective, and timely choices, often in complex or challenging situations. It encompasses various skills and qualities that contribute to successful decision-making, such as problem-solving, critical thinking, and the ability to gather and analyze information (Google AI). In the Tao of Athletic Success, decision-making prowess includes cultivated instinctive and intuitive spontaneous action of the heart.



46) Vortex of empowering, healthy, and good feeling mental activities



Appendix B:
Offense Actualization Play Sheet
(Segment Intending)

These "play sheets" are set up for defense or offense because an offensive play begins with actuating their own "intention". A defensive play begins with an "awareness" of the offensive intention.

On the offensive play sheet name the play, move, or action (making a put, goal, shooting jump shot, kicking the ball, catching and throwing the ball, rounding a gate, etc.) in your sport. Or, on the defensive play sheet, name the defensive counter plays.

Then use following sections to break each play or move into its segments of learning or as a single intent/play and state the intent and following "think it?", "feel it?", "know you know it?" and "allow it?" and finally was the play/move successful?

An athlete can self-evaluate 11-moves on a sheet. Or, as I was able to put 11 positions on a sheet, a football coach can use the "Actuation Sheets" to evaluate every position of a single play. Or a basketball coach can use 5 rows for what each player should accomplish within a play, or 9 for the soccer coach, etc.

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 ___

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 ___

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 ___

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 ___

Appendix C:

Defense Actualization Play Sheet

(Segment Intending)

These "play sheets" are set up for defense or offence because an offensive play begins with actuating their own "intention". A defensive play begins with an "awareness" of the offensive intention.

On the offensive play sheet name the play, move, or action (making a put, goal, shooting jump shot, kicking the ball, catching and throwing the ball, rounding a gate, etc.) in your sport. Or, on the defensive play sheet, name the defensive counter plays.

Then use following sections to break each play or move into its segments of learning or as a single intent/play and state the intent and following "think it?", "feel it?", "know you know it?" and "allow it?" and finally was the play/move successful?

An athlete can self-evaluate 11-moves on a sheet. Or, as I was able to put 11 positions on a sheet, a football coach can use the "Actuation Sheets" to evaluate every position of a single play. Or a basketball coach can use 5 rows for what each player should accomplish within a play, or 9 for the soccer coach, etc.

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

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 ___

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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

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 ___

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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

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 ___

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Know it: Y ___ N ___ Allow it: Y ___ N ___ Success: Y ___ N ___

4 _____ Intent: _____

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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 ___

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Know it: Y ___ N ___ Allow it: Y ___ N ___ Success: Y ___ N ___

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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

Appendix D:

Home Actualization Play Sheet

(Segment Intending)

Each segment of a day is an opportunity to practice success by intending and allowing events from a good-feeling place of being. Identify nine segments throughout each day and intend and allow their good-feeling outcome.

There are the “physical” segments as in “make a good breakfast”, “make it a great day”, “get to my first class”, “get homework done”, etc., etc. There are also many mental-emotional segments of the day to get into a better feeling place. Such as a segment where a person intends to “stop going into that emotionally bad-feeling place”, or a segment of “looking around to find something nice to distract myself”. And then there are the segments of intent to re-processing beliefs, judgements, thoughts to a better feeling place.

And finally, the best segment intention of all. “I am going to find something to do or dwell upon that excites, ignites, and delights!” Or maybe the segment intent is to do something just for yourself that gets you into a “less-bad” feeling place.

HOME ACTUALIZATION PLAY SHEET

DATE: _____

SEGMENT

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 ___

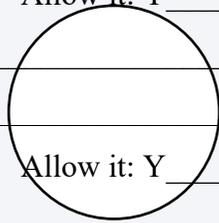
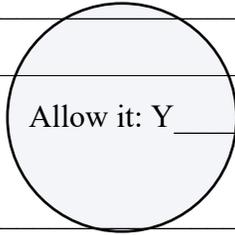
10 _____ Intent: _____

Think it: _____ Feel it: Y ___ N ___

Know it: Y ___ N ___ Allow it: Y ___ N ___ Success: Y ___ N ___

Intent

Allow



HOME ACTUALIZATION PLAY SHEET

DATE: _____

SEGMENT

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 ___

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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 ___

Intent

Allow

HOME ACTUALIZATION PLAY SHEET

DATE: _____

SEGMENT

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 ___

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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 ___

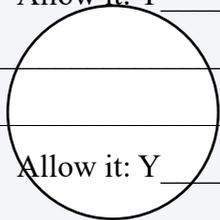
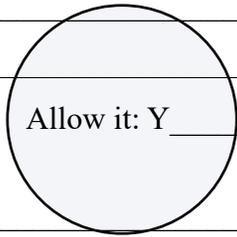
10 _____ Intent: _____

Think it: _____ Feel it: Y ___ N ___

Know it: Y ___ N ___ Allow it: Y ___ N ___ Success: Y ___ N ___

Intent

Allow



HOME ACTUALIZATION PLAY SHEET

DATE: _____

SEGMENT

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 ___

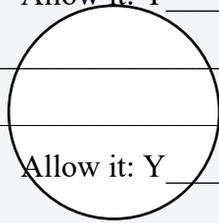
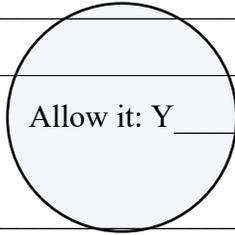
10 _____ Intent: _____

Think it: _____ Feel it: Y ___ N ___

Know it: Y ___ N ___ Allow it: Y ___ N ___ Success: Y ___ N ___

Intent

Allow



*Appendix E:
The Mountain Exists as We Were Taught*

Revolution in Emotional Awareness

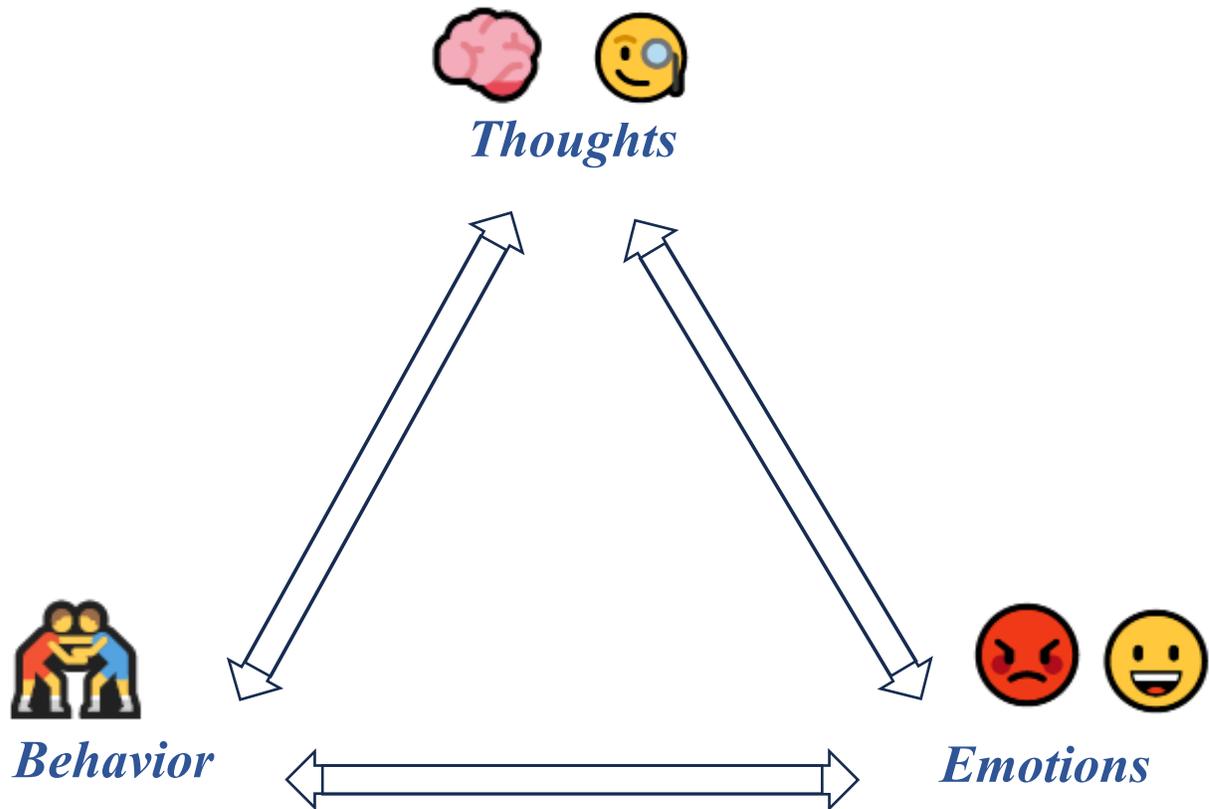
(What are Emotions?)

Emotionally driven behavior has been the corner stone of humanity throughout history, since Homer's "*Iliad*" written nearly 3000-years-ago. Aberrant and dangerous emotions drive destructive behavior and therefore emotions must be controlled, managed, and regulated by mind. But within the construction of evolution, a new harmony of cognitive-emotional behavior has developed. Good-feeling emotions, instead of being controlled by the mind, have evolved to guide cognitive activities towards health, well-being, and successful decision-making prowess and ability.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

1) Traditional Psychological Cognitive Triangle (Bi-Directional Process Flow)



“Iliad”

Homer’s “Iliad” opens with the line, “Goddess, sing me the anger [wrath] of Achilles, Peleus’ son, that fatal anger [wrath] that brought countless sorrows on the Greeks and sent many valiant souls of warriors down to Hades, leaving their bodies as spoil for dogs and carrion birds: for thus was the will of Zeus brought to fulfilment”

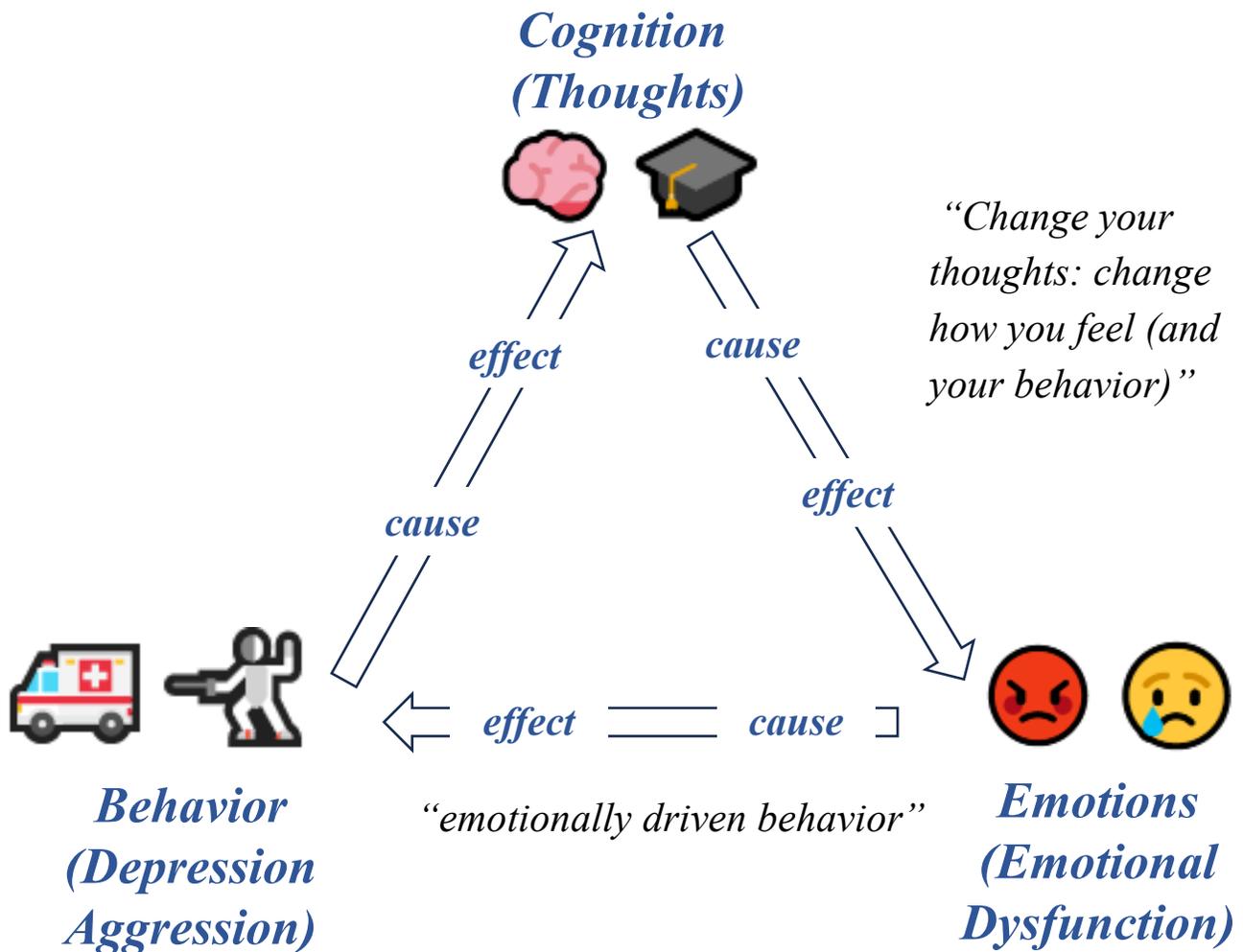
(Homer. (2009) *Iliad* (A.S. Kline, Trans.). Benard Picart & Hendrick Goltzius. (Original work published ca. 800-700 BCE).

Achilles’ anger [wrath] brought countless sorrows. Achilles’ anger [wrath] sent many valiant souls to Hades. Homer inscribes the emotion of anger as causal; that is, *anger is the cause of Achilles’ behavior*.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

2) Psychology and Literary Emotional Behavior Theory



a) Language and Literary Education

(anger is the cause of Achilles' behavior)

A character in a book, movie, opera, play, song, or video is emotionally driven. Dangerous and destructive characters are driven by aberrant and dangerous emotions and therefore, these emotions must be controlled, regulated, and managed, even with the use of pharmaceuticals.

b) Modern Psychology (and Sports Psychology)

Cognitive Behavior Modification Therapies: “Change your thoughts and change how you feel (and your behavior).”

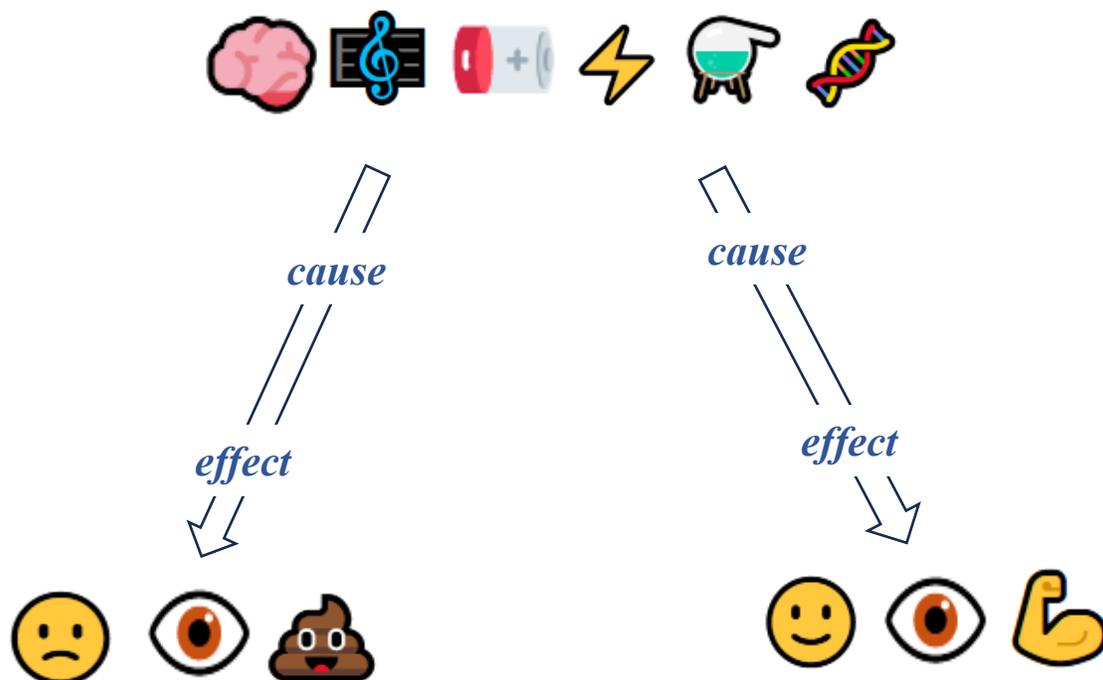
Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

3) “*Physiology-Emotion*” Cause and Effect Chart

WHAT ARE EMOTIONS? Emotions are the perception of changes and states of physiology.

Highly orchestrated changes and states of neurology, biochemistry, and physiology by the brain.



Bad-feeling emotional awareness has an evolved correlation with lethargic, weak and poor and ineffective decision-making prowess.

Good-feeling emotional awareness has an evolved correlation with health, well-being, and effective and successful decision-making prowess.

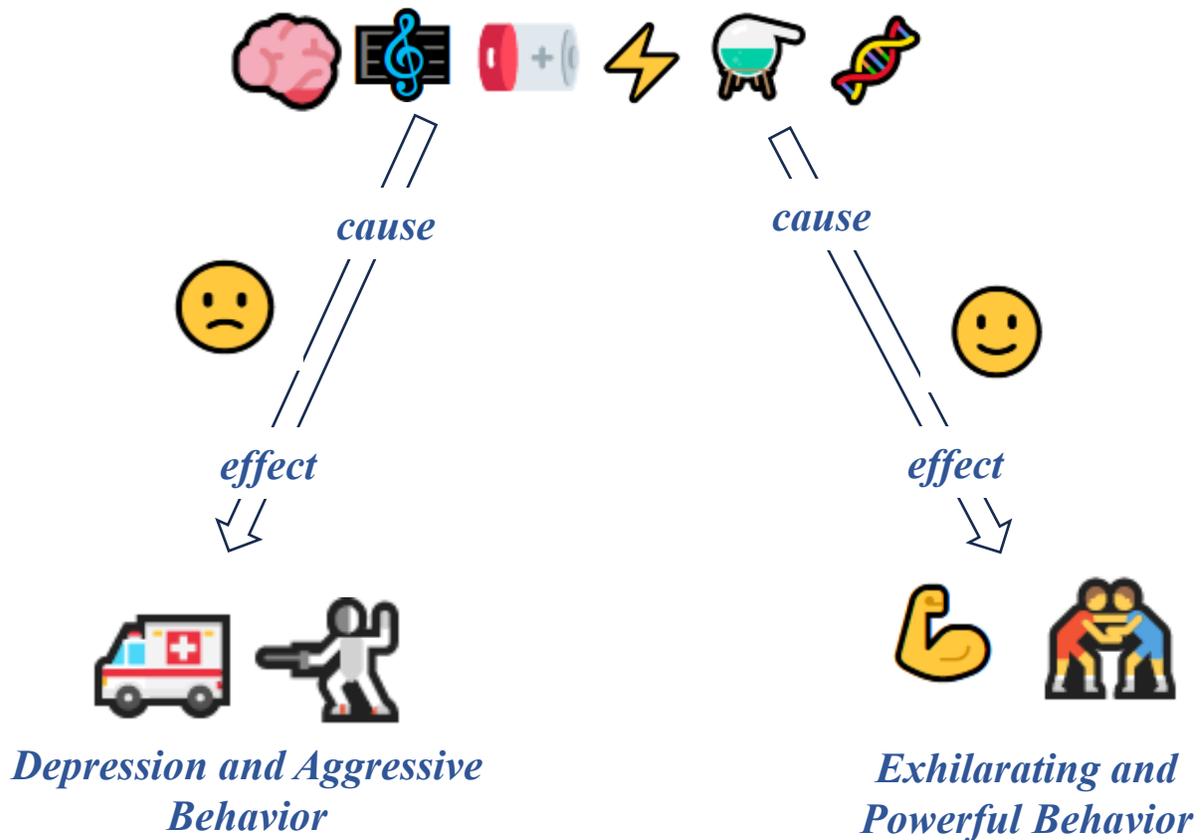
If feeling-good emotionally did not evolve with strength, but with weakness, then being within the goodness and love of God would mean sickness, poverty, and the death of humanity. The goodness and love of God is not death, but life everlasting.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

4) “*Physiology-Behavior*” Cause and Effect Chart

Highly orchestrated changes and states of neurology, biochemistry, and physiology by the brain.



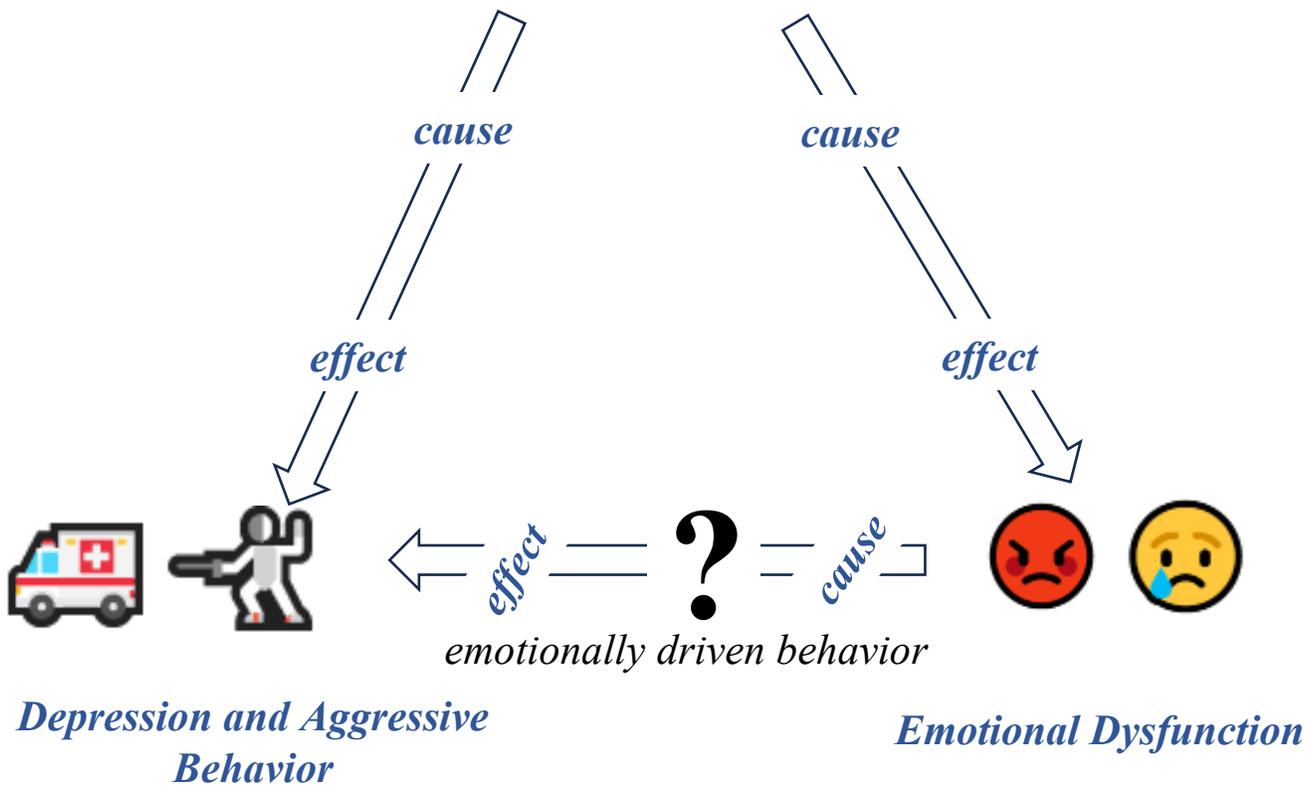
- a) **The brain is a highly refined processor**
that orchestrates the changes and states of physiology that drive behavior
- b) **Awareness of bad-feeling emotions, moods, attitudes**
have an evolved correlation with lethargic, weak and poor and ineffective decision-making prowess.
- c) **Awareness of good-feeling emotions, moods, attitudes**
have an evolved correlation with health, well-being, and effective and successful decision-making prowess.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

5) “*Physiology-Emotion-Behavior*” (Negative) Cause and Effect Chart

Highly orchestrated changes and states of neurology, biochemistry, and physiology by the brain.



a) **What drives behavior: Emotions Or Physiology?**
(psychology and literary emotionally driven behavior theory)



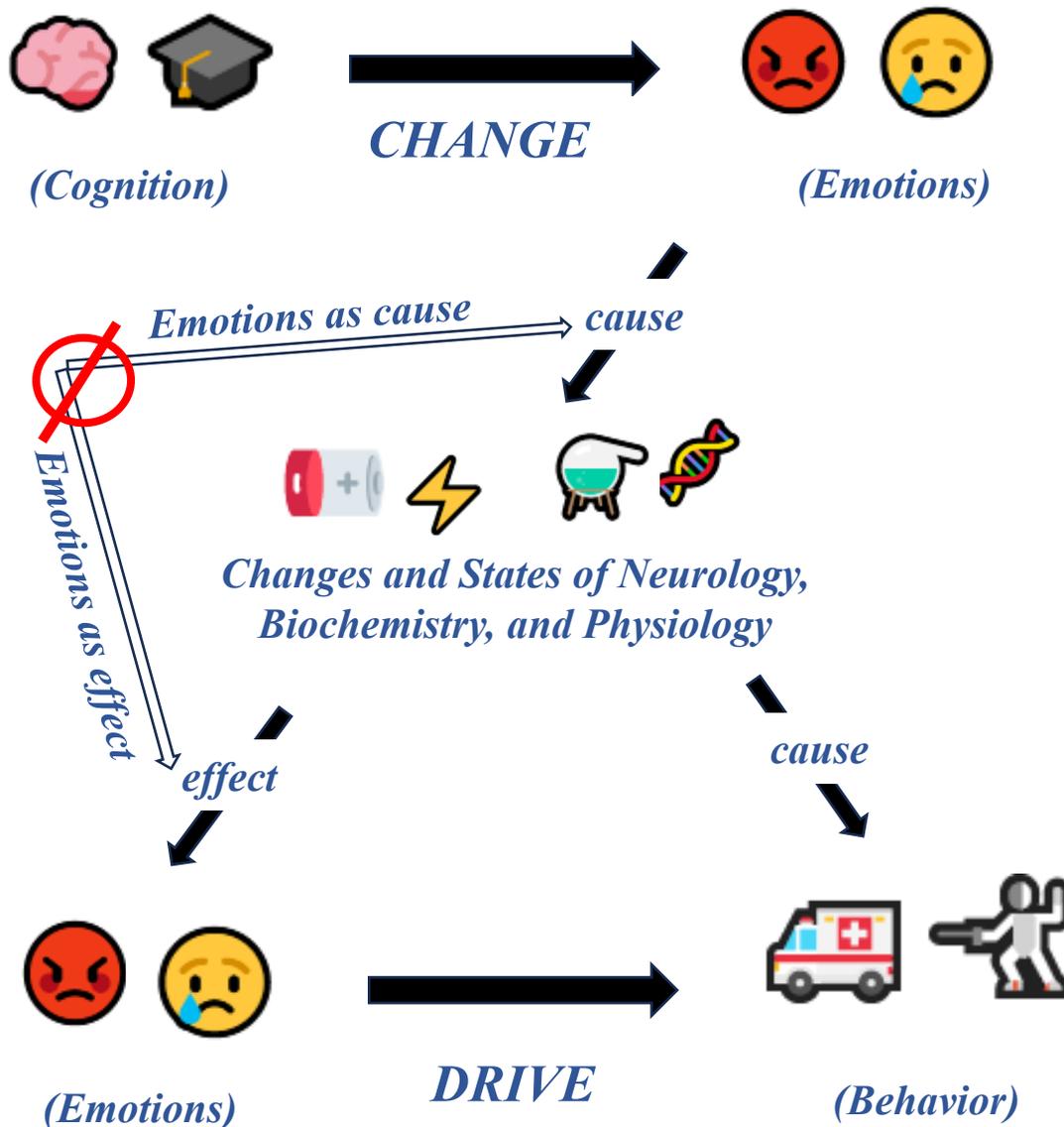
b) **Or both emotions and physiology? How do we diagram that?**

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

**6) Illogical “Cognitive-Emotional-Physiology” Process Flow
FUBAR Chart (Square Pegs and Round Holes)**

Psychology; “change your thoughts and change how you feel”



Psychology and Literature: “emotionally driven behavior”

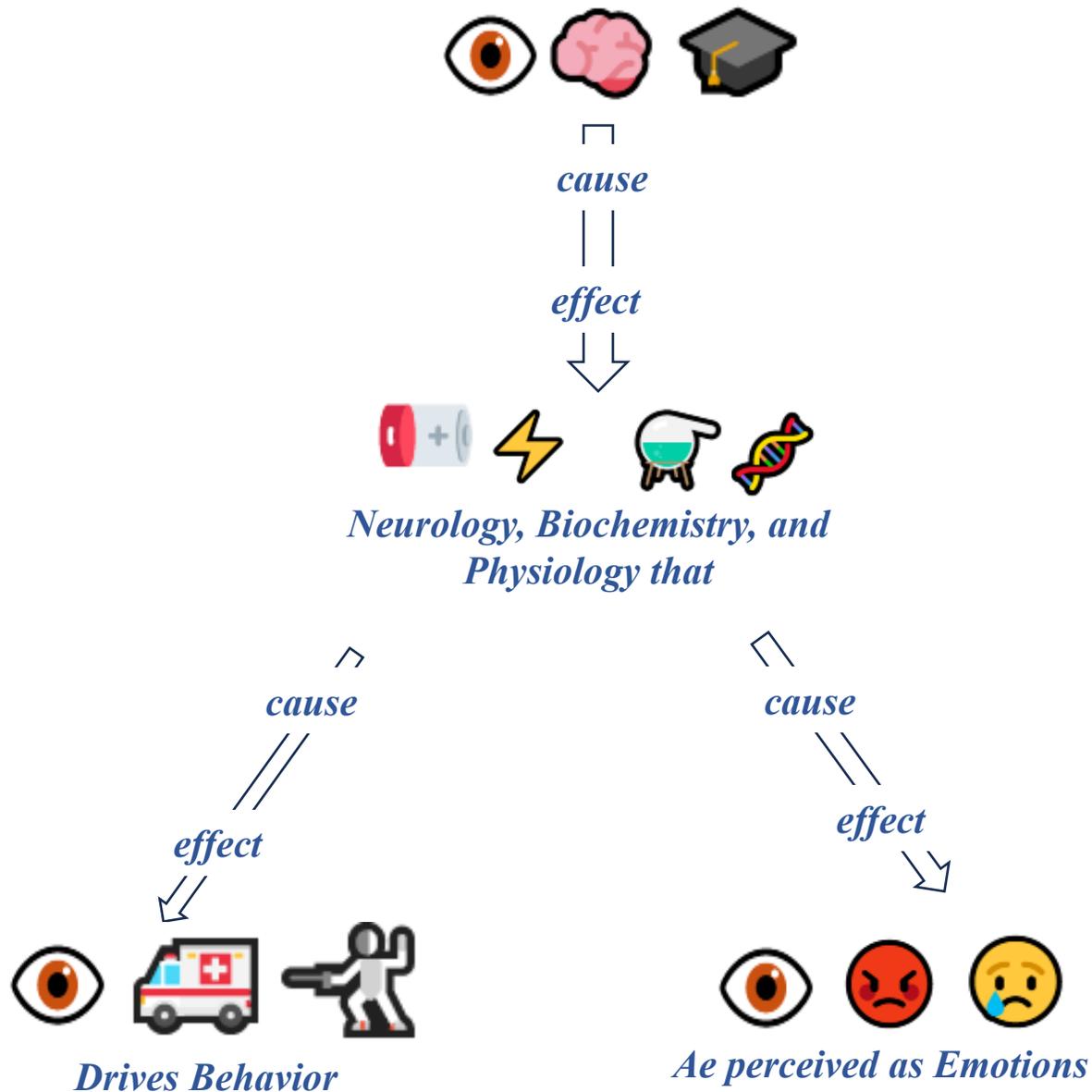
**a) Emotions can not be both cause and the effect of
changes in physiology simultaneously! ~~∅~~**

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

7) Cognition precipitates the physiology that drives behavior and is perceived as emotion.

*Cognition Precipitates changes and states of
(Thoughts, memories, imaginations, perceptions, and reasoning)*



a) *The mind precipitates the changes and states of biochemical and neurological physiology* in the brain and body that drive behavior and are perceived as good (or bad) feeling emotions, moods, attitudes, and feelings.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

8) “Cognitive-Emotional” Process Flow Chart (Open-Loop Process Control)

*Cognition Precipitates
(Thoughts, memories, imaginations, perceptions, and reasoning)*

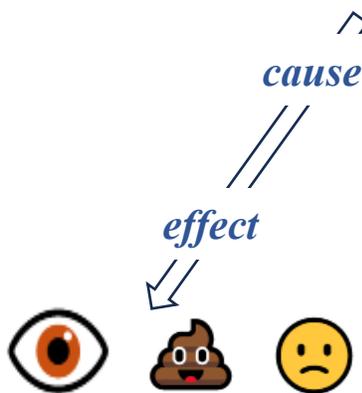


cause

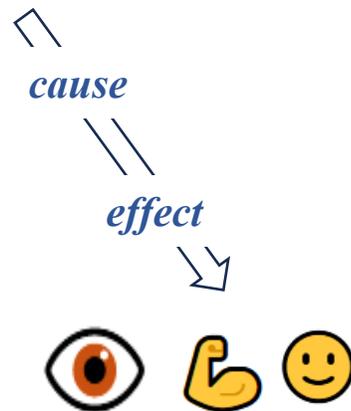
effect



*The Neurology, Biochemistry, and
Physiology that are*



Perceived as Emotions



Perceived as Emotions

a) negative, bad-feeling emotional awareness has an evolved correlation with a dis-empowering physiology incapable of effective decision-making.

b) Positive good-feeling emotional awareness has an evolved correlation with an empowering physiology capable of effective decision-making.

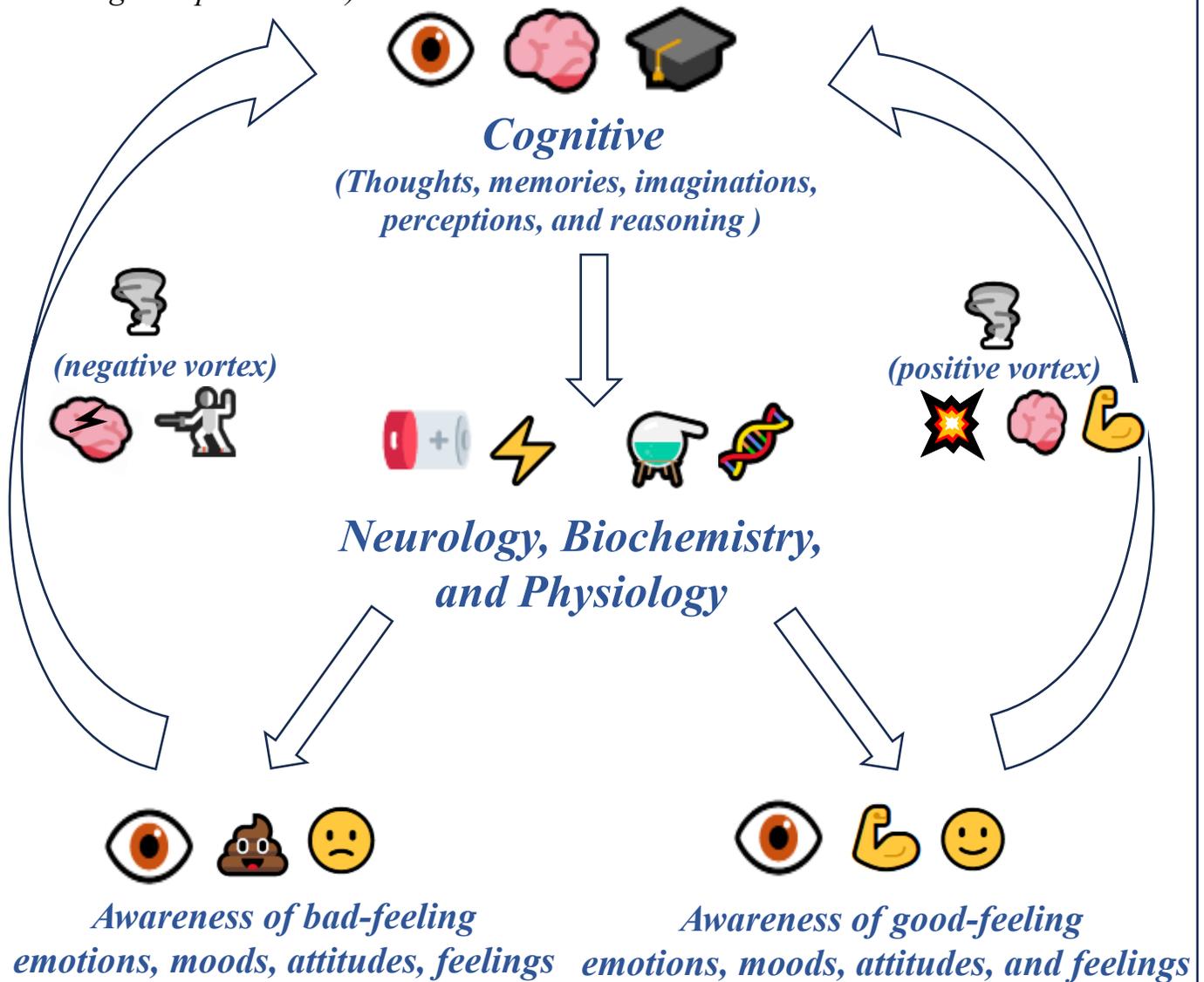
Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

9) “Cognitive-Emotional” Re-Processing Flow Chart (Closed-Loop Process Control)

*(natural operate conditioning:
negative punishment)*

*(natural operate conditioning:
positive reinforcement)*



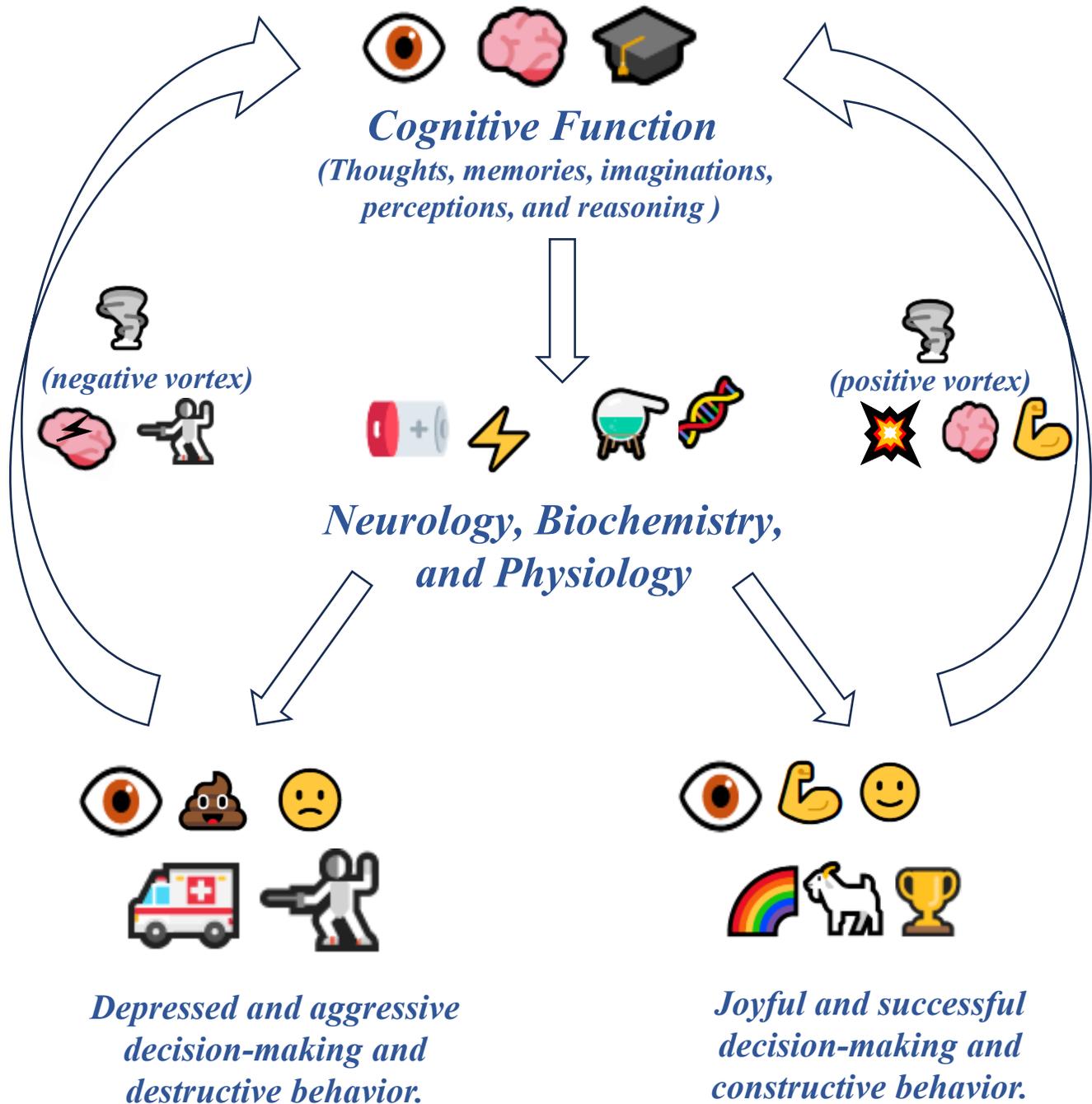
a) Emotions have evolved as a natural bio-feed-back mechanism

- i) cognitive activities that precipitate a vortex of health, well-being, and a capable physiology for effective and successful decision-making prowess are reinforced with good-feeling emotions, moods, attitudes, and feelings.
- ii) cognitive activities that precipitate a vortex of weak, lethargic, and reduced decision-making capacity are punished with bad-feeling emotions, moods, attitudes, and feelings.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

10) “Cognitive-Emotional-Behavior” Re-Processing Flow Chart (Closed-Loop Process Control)



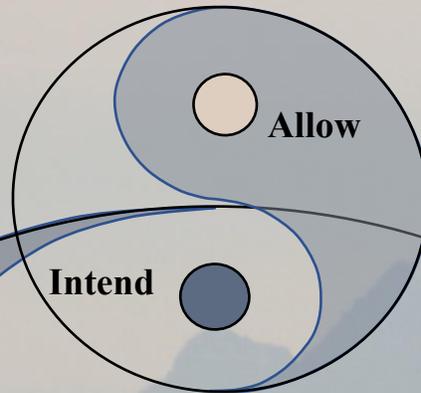
a) Emotions have evolved as a natural bio-feed-back mechanism to guide cognitive activities away from depressed and aggressive decision-making and destructive behavior and towards joyful and successful decision-making and constructive behavior.

Emotions have evolved to be trusted in symbiotic harmony with mind, body, and consciousness and to guide and re-process cognitive behavior towards the joyous, good feeling emotions, moods, attitudes, and feelings indicative of a healthy, robust, and powerful physiology

A safe “prevent defense” or a safe “prevent offence” does not work when the team, player, or coach focuses on what they “don’t want to happen” rather than on what they “do want to happen.”

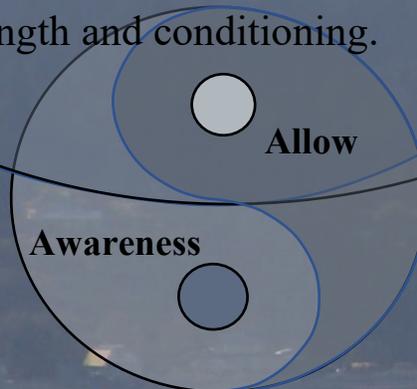
The greatness of the human life experience emerges from the flames of individual desire arising out of hell's fiery conflicts on earth. Intention is forged in these fires. Emotion aligns our journey with these new intentions. Each succeeding generation will have its own mountains to climb and waters 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.

OFFENSE



Qigong: The Cultivation of Energy

“It” is all about energy. It is about the good-feeling flow of energy called Qi. “It” is about the good feeling emotions from the flow of Qi. That feeling good energy flow is feeling “IT”! Whether the athlete is a chess player or an offensive lineman on a football team; or a ballet dancer or basketball player making a free-throw, jump shot, or three-pointer; or a musician or a forward on a soccer team making a pass or a penalty kick or the goalie blocking that kick; or a wrestler or an alpine skier racing through the gates; or a marathon runner or cross-country bicyclist; no matter what an athlete’s sport, “It” is about feeling, maintaining, and then allowing the good-feeling emotions of “IT”... through cognitive-emotional re-processing strength and conditioning.



DEFENSE