

***Know, Understand, and Use Your Millions of Years of Cognitive-Emotional  
Evolutionary Heritage for Health, Well-Being, and Success (or Not)***  
***(rev 2026-04-23c)***

Every person has their own underutilized, internal evolutionary power to help combat any physical or mental illness, disorder, or disease. Hidden within their mental-emotional awareness are re-processing mechanisms that have evolved over millions of years to build a strong, healthy, and empowered physiology of the brain and body to thrive in life's challenges, undercurrents, and endeavors.

**Personal Understanding 1: Emotionally good-feeling mental activities have an evolved correlation with movement towards a healthy physiology.** Emotionally bad-feeling mental activities have a necessary evolved correlation with movement towards an unhealthy, weak, imbalanced, and dis-empowered biochemical, neurological, and physiological brain and body anatomy. Like the physiological imbalanced signature of a hand left on a hot stove, the body and brains biochemical imbalances can be caused by continuous emotionally bad-feeling mental activity.

**Personal Understanding 2: Good-Feeling emotions have an evolved correlation with an awareness, attention, and focus upon what is wanted, desired, and intended.** Emotionally bad-feelings correlate with an awareness, attention, and focus upon that which is NOT wanted, desired, or intended within life's adventures. Therefore, emotional awareness is vital for comprehending the personal health hazards of one's own mental activities. *The emotionally good-feeling mental activities that exist when a being is focused and dwelling upon that which they want, desire, and intend into their life's experience have an evolved correlation with a strong, robust, balanced, and empowered physiology of the brain and body conducive to health, well-being, and successful decision-making prowess.*

**Personal Understanding 3: Combat physical and mental dysfunction by pivoting off emotionally bad-feeling mental activities associated with an unhealthy, imbalanced, and dis-empowered physiology and towards a healthy, balanced, and empowered physiology associated with emotionally good-feeling mental activities when focused and dwelling upon**

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**that which is wanted, desired, and intended in life.** Anyone who is physically or mentally in ill health, can use what powers of mind they can and deliberately choose thoughts, beliefs, memories, imaginings, perceptions, and reasonings that bring about emotionally good-feeling, emotions, attitudes, and feelings. At first this exercise may just bring about “less-bad” emotional feelings. But with practice and determination to do something, these “less-bad” emotionally feeling thoughts and activities will become emotionally good-feeling mental activities conducive to a healthy, biochemically balanced, and empowered physiology.

**Personal Understanding 4: Rather than cognitive-emotional pivoting, a person may have to “STOP” and mentally, just don’t go there.** Maybe the best course of action is to distract oneself from those emotionally bad-feeling mental activities. Find and get into a safe place. Do the work and focus the best one can on emotional good-feeling mental activities within that which is wanted, desired, and intended in life. Leave the bad-feeling, “not-wanted” reality alone until you have developed a strong, powerful, and balanced anatomy to deal with it.

**Personal Understanding 5: Any physical or mental therapeutics, especially those involving necessary pharmaceuticals must be accompanied by cognitive-emotional re-processing therapies to encourage patient participation within their own healing endeavors.** Like a physical crutch or cast that stabilize a broken bone’s healing environment, many pharmaceuticals are temporary crutches to help stabilize the body’s biological environment to aid in the healing process. How many pharmaceutical treatments are temporary is unknown, because medical science has failed to properly understand, research, and disseminate the knowledge of humanity’s cognitive-emotional re-processing mechanisms that have evolved for the maintenance of an individual’s (and societal) health, well-being, and successful decision-making prowess.

A drowning swimmer cannot save another. Become a stronger swimmer and then dive into the ocean of life with gusto.

Namaste

[Reference: Jackson, A.O. \(2026\). \(Technical Paper with Supplements.\) Cognitive-Emotional Re-Processing Control, Cultivation, and Education: The Linguistic Semantics of Cognitive vs. Emotional Dysregulation. Symbiotic Psychology Press. \(15,500-word paper, free PDF download, new tab\)](#)

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