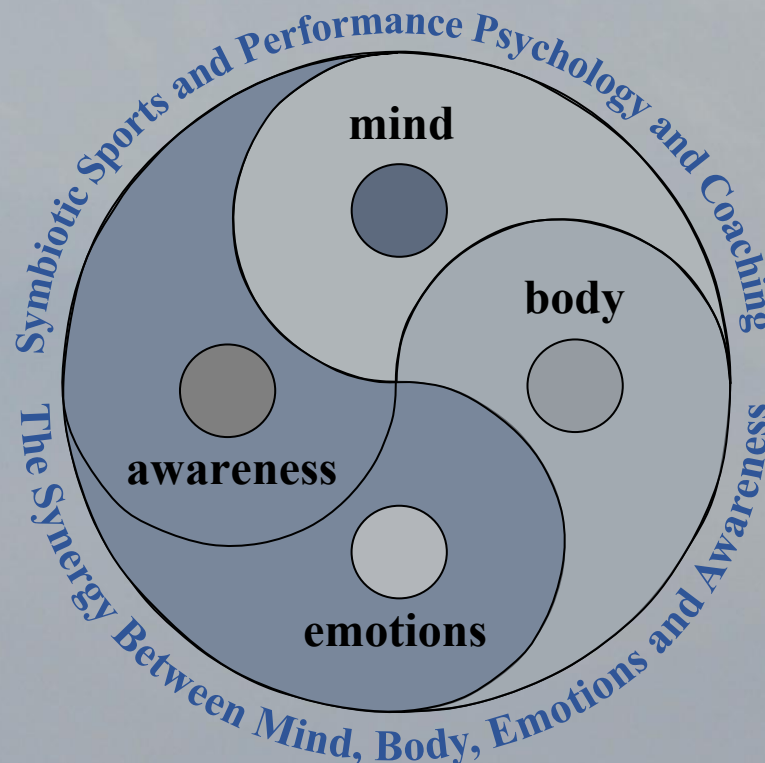


“The Tao of Athletic Success Workout”

Exploration Text

(rev2026-04-02a)

*YouTube “Introduction” Videos Parts 1-5 links and
PDF text downloads freely available on symbioticpsychology.com*



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



The mind shapes reality.

Emotions indicate the desirability of that shape.

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.”

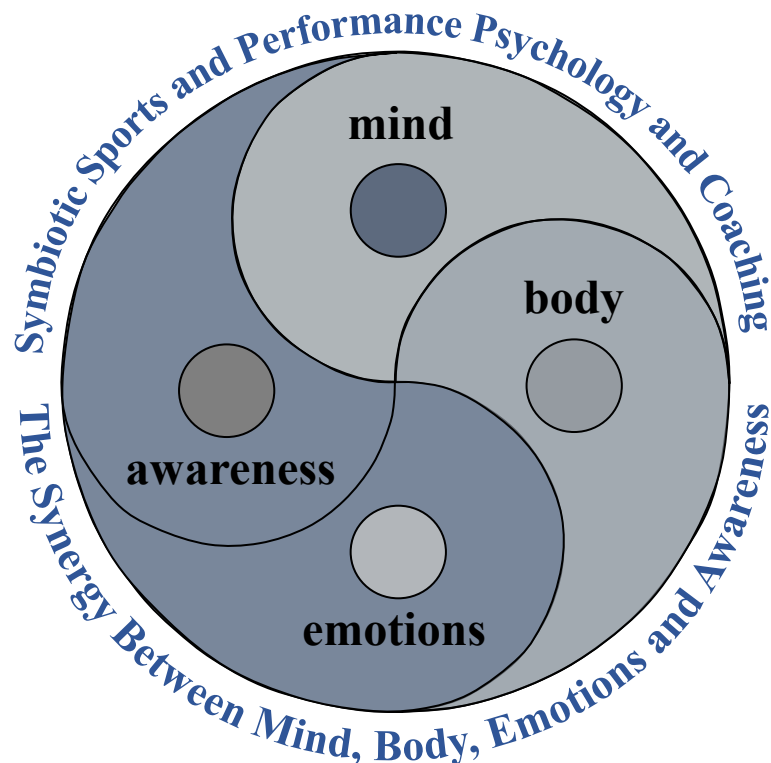
The words, diagrams, and pictures in this book are the broken and mangled hand. They are not the message but point towards the message, which will only be heard within the silence of the Tao.

When an individual gravitates towards that which brings about excitement, enthusiasm, and exhilaration, they are following their path of greatest success.

The athlete 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.

Optimistic and empowered good-feeling emotions, moods, attitudes, and feelings are indicative of the strength, speed, stamina, agility, cunning, and successful decision-making prowess needed to thrive within a championship competition.

“The Tao of Athletic Success Workout”
Exploration Text
(rev2026-04-02a)



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



Published by:
Symbiotic Psychology Press
P.O. Box 930153
Verona, WI 53593 U.S.A.
<https://symbioticpsychology.com/>

All Content © Andrew O. Jackson, 2026. All Rights Reserved

Publications by Andrew O. Jackson

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

The Tao of Athletic Success Workout. Symbiotic Psychology Press (366 pages)

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).

All texts are freely downloadable as PDF files at: <https://symbioticpsychology.com/>

All Content © Andrew O. Jackson, 2026. All Rights Reserved

Special thanks to <https://getemoji.com/>

“✂️ Copy and 📄 Paste Emoji 👍 No apps required” and to “Rabbit or Duck Illustration” copywrite use holder. Author's Note: any needed fair use, licensing, or copywrite agreements for the use of these emojis and other illustrations need further exploration and research.

*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
M.S. Technology Education
M.S. Management Technology



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”
Exploration

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

Table of Contents

“Fixation”	03
“Athletic Success”	05
“Ignorance”	06
Dedication	09
Introduction Letter: Emotional Evolution, Physiology, and Linguistics	10
Table of Contents	11
Section 6.0: Pre-Test	18
6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drive Behavior and Are Perceived as Emotions	19
6.1 Emotions Evolution With (Correlation With) Physiology	22
6.2 The Evolution of Mind, Body, Emotions, and Awareness.....	24
6.3 Emotions: The Perception of Physiological Changes and States of Being in the Brain and Body	28
6.4 The “Emotional” Vortex	29
6.5 Emotions, Moods, Attitudes, and Feelings Awareness.....	30
6.6 Emotions, Moods, Attitudes, and Feelings: A Difference in Cultural Experience.....	31
6.7 Is your house in order?	32
6.8 Perception and Emotions.....	33
6.9 Thoughts and Emotions.....	34
6.10 The Power of Want, Desire, and Intention.....	36
6.11 The Brain as a Highly Refined Processor	40
6.12 Behavior as a Function of Cognition.....	41
6.13 Emotions as a Function of Cognition.....	42
6.14 Emotions, Moods, Attitudes, and Feelings as a function of Cognition.....	43
6.15 Cognitive-Emotional Evolution	44
6.16 Behavior and Emotions as a Function of Cognition	46
6.17 Cognition precipitates the physiological changes and states of being that are perceived as emotion	47
6.18 Disempowering Cognitive Focus.....	48
6.19 Empowering Cognitive Focus.....	49
6.20 The Mental-Emotional Body:.....	51
6.21 What you are getting.... comes from your vortex....of what you are thinking and what you are feeling.....	52
6.22 Self-Absorbed (Open-Loop) Cognitive-Emotional Process Flow Chart	54

6.23	Performance anxiety demonstrates.....	55
6.24	Short Memory vs. The Power of Focus.....	57
6.25	Focus in a Prevent Offense/Defense.....	58
6.26	Playing to Win vs Playing Not to Lose.....	61
6.27	Fumble-itis, Interception-itis, Drop-itis, and Turn-Over Cannot Make a Basket-itis.....	62
6.28	Play Within Your Parameters (Skill and Ability Level).....	63
6.29	Managing Disappointment of a Play, Practice, or Game.....	65
	Section 6.0: Post Test.....	66
	Section 7.0: Pre-Test.....	70
7.0	The Mental-Emotional Body: Strength & Conditioning.....	71
	Is your house in order?.....	72
7.1	Emotional Dysfunction and Disorder.....	73
7.2	The Mountain Exists as You Are Taught (The Cognitive Triangle).....	74
7.3	The Cognitive Triangle and Today's Sports Psychology.....	75
7.4	Is the Cognitive Triangle Good for You?.....	76
7.5	Two Ends of the Same Stick.....	77
7.6	Can we improve The Cognitive Triangle?.....	79
7.7	Cognitive-Emotional Re-Processing.....	83
7.8	Cognitive-Emotional Re-Processing (Review).....	86
7.9	Cultivated (Closed-Loop) Cognitive-Emotional Re-Processing Flow Chart.....	92
7.10	Self-Empowerment During Practice or Game.....	93
7.11	Step 1: Cognitive-Emotional Distracting Exercises.....	94
7.12	Step 2) Cognitive-Emotional Re-Processing Exercises.....	103
7.13	Step 3: Precautions.....	109
7.14	Dangers, Hazards, and Liabilities of Ignoring Our Cognitive- Emotional Re-Processing Dynamics.....	114
7.15	Causes of Cognitive-Emotional Dynamics Ignorance.....	117
7.16	Strength and Conditioning Review.....	122
	Section 7.0: Post-Test.....	130
	Section 8.0: Pre-Test.....	138
8.0	The Process Being: The Actuation Process of Success.....	139
	Is your house in order.....	140
8.1	Intend It: The Power of an Athletes Intent.....	141
8.2	Think It.....	143
8.3	Feel It.....	144
8.4	Know-You-Know It.....	145
8.5	Allow It to Happen.....	146
8.6	Cognitive-Emotional Actualization (Review).....	148
8.7	General Offense Worksheet.....	149
8.8	General Defense Worksheet.....	150
8.9	Offense Actualization Play Sheet (Segment Intending).....	151
8.10	Defense Actualization Play Sheet (Segment Intending).....	152

8.11	Defense Actualization Play Sheet	153
8.12	Home Actualization Play Sheet Instructions	154
8.13	Home Actualization Play Sheet	155
	Section 7.0: Post-Test	156
	Section 9.0: Pre-Test	160
9.0	The Intuitive Being: Gut Awareness and Intuitive Action of Mind	161
	Before you ascend, is your house in order.....	162
	<i>"Gut Awareness" involves EMOTIONS!!</i>	163
9.1	Gut Awareness	165
9.2	Gut Awareness and Intuitive Action.....	166
9.3	Camouflaging, suppressing, or ignoring emotional states of being.....	168
9.4	Feed the Beast vs. Feed the Beast.....	169
9.5	What feels-good-is-good, what feels-bad-is-bad (biologically)	174
	Section 9.0 Post-Test	175
	Section 10.0: Pre-Test	178
10.0	The Quantum Being and Personal Power of Qi.....	179
	Before you ascend, is your house in order.....	178
10.1	"Mindless Awareness" of Quantum Being	184
10.2	"Mindless Action" of Quantum Being	187
10.3	Personal Power of Qi: Swagger; Being Lucky; Being in the Flow; "It Happens"	192
10.4	Building Personal and Team Qi and a reality vortex of SUCCESS	193
10.5	Affirming a REALITY of success: Hear, see, feel, smell, taste "IT"	198
10.6	Learn the Personal Power of Successful Being	202
	Section 10.0: Post-Test	205
 Appendix A: Definitions: Putting Evolutionary Power and		
	Energy Back into Words	209
1)	Powerful and strong physiology	210
2)	Compassion/emotions	210
3)	Cultivated wisdom	210
4)	Cultivated and Compassionate.....	210
5)	Intuitive Action of "Mind".....	210
6)	Cultivated and Compassionate Intuitive Action	210
7)	Instinctive Reflexive Action of "No-Mind"	211
8)	Cultivated and Compassionate Reflexive Action	211
9)	Physiology/Physiological	211
10)	Cognition/Cognitive (Mind)	211
11)	Emotions, moods, attitudes, and feelings	211
12)	Cognitive-Emotional	212
13)	Awareness	212
14)	Meditation	212
15)	Mindfulness.....	212
16)	Cognitive-Emotional Mindfulness.....	212

17) Vortex.....	212
18) Precipitate / precipitation	213
19) Dis-empowerment.....	213
20) Empowerment	213
21) Intent, want, desire	213
22) Qi (or Chi).....	213
23) Qigong.....	213
24) Synergy Relationship	214
25) Symbiotic Relationship.....	214
26) Feeling Stick	214
27) Cognitive-Emotional Re-Processing.....	214
28) Cultivated.....	215
29) Self-Indulgent.....	215
30) Pathological.....	215
31) Debilitating and aggressive behavior	215
32) Exhilarating and Powerful Behavior.....	215
33) Feed the Beast vs Fead the Beast	216
34) Cultivated Actualization Process	216
35) Gut Awareness and Intuitive Action of "Mind"	216
36) "Mindless" Awareness and Reflexive Action of Quantum Being	217
37) Quantum Being	217
38) Personal Power of Qi	217
39) Mojo, Swagger, In the Flow is Being Lucky and "It Happens"	217
40) Putting your house in order	218
41) Body	218
42) Actualization/actualize/actuation	218
43) Action, Behavior	218
44) Success	218
45) Decision-making prowess	218
46) Vortex of empowering, healthy, and good-feeling mental activities	218

Appendix B: Offense Actualization Play Sheet (Segment Intending).....	219
--	------------

Appendix C: Defense Actualization Play Sheet (Segment Awareness).....	222
--	------------

Appendix D: Home Actualization Home Play Sheet (Segment Intending).....	225
--	------------

Appendix E: The Mountain Exists as We Were Taught	228
--	------------

1) Traditional Psychological Cognitive Triangle (Bi-Directional Process Flow).....	229
2) Psychology and Literary Emotional Behavior Theory	230
3) "Physiology-Emotional" Cause and Effect Chart	231
4) "Physiology-Behavior" Cause and Effect Chart	232
5) "Physiology-Emotion-Behavior" (Negative) Cause and Effect Chart	233

6) Illogical Cognitive-Emotional-Physiology Process FUBAR Flow Chart (Square Peg into a Round Hole).....	234
7) Resolving Illogical Process Flow.....	235
8) " <i>Cognitive-Emotional</i> " Process Flow Chart (Open-Loop Process Control).....	236
9) " <i>Cognitive-Emotional</i> " Re-Processing Flow Chart (Closed-Lo241Process Control).....	237
10) " <i>Cognitive-Emotional-Behavior</i> " Re-Processing Flow Chart (Closed-Loop Process Control).....	238
The Greatness of the Human Life Experience:	243
Qigong: The Cultivation of Energy	244

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).*

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drive Behavior and Are Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

“The Tao of Athletic Success Workout”

Section 6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drive Behavior and Are Perceived as Emotions

Pre-Test (Mark all that apply.)

1. Emotions change the physiology that drives behavior
 True False Depends
2. “Cognitive” activities of the mind include:
 - a. Thinking
 - b. Imagination
 - c. Reasoning
 - d. Sensory Perceptions
3. Cognition and cognitive activities of the mind generate the physiology of the brain and body perceived as emotions.
 True False Depends
4. Negative, down-feeling cognitive activities (like not starting) means:
 - a. Your physiology is in a depressed state
 - b. Your physiology is prone to injury
 - c. You cannot perceive the subtleties of the game
 - d. You are hurting your teammates
5. Feeling good when cheering on and encouraging the starters means:
 - a. You are empowering your own physiological being
 - b. You are more aware of what is going on around you
 - c. You are creating a more powerful team
 - d. You are hurting your chances of starting

Personal Power of Qi and The Tao of Athletic Success Workout

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

In **Section 6** of this manual, each athlete will learn and understand that one's own cognitive activities of the mind (such as thoughts, memories, beliefs, imaginings, perceptions and reasoning) precipitate the neurology, biochemistry, and physiology changes and states of being in the brain and body that are perceived as emotion.

Emotions, moods, attitudes, and feelings are not about what others and the world are doing “to you.” *Emotional awareness is about what “you” are doing to “yourself”.* Any negative and bad-feeling emotions, moods, attitudes, and feelings are the perception of physiological changes and states of being precipitated by one's own disempowering mental activities.

Dis-empowering cognitions (thoughts, memories, beliefs, imaginings, perceptions, and reason) precipitate unhealthy, imbalanced biochemical, neurological and physiological changes and states of being in the brain and body that are perceived as bad-feeling emotions, moods, attitudes, and feelings. Meaning, the bio-chemical signature of depression must exist when the brain is forced (or trained) to continually dwell within negative, disempowering and “depressing” cognitions.

Conversely, *Empowering activities of the mind precipitate empowering changes and states of physiology in the brain and body that are perceived as good-feeling emotions, moods, attitudes, and feelings.* Disempowering, negative, and bad-feelings (that are indicative of an unhealthy physiology) begin to vanish when the athlete re-focuses on empowering cognitive thoughts and activities that promote a healthy physiology.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

1) Emotions, moods, attitudes, and feelings either feel-good or feel-bad:

a. *Degrees of feeling-good*

Good-----great-----Oh WOW



b. *Degrees of feeling-bad*

Bad-----miserable-----suicidal



c. *Anger, fear, fury, rage,feel bad but with a last gasp adrenalin boost for survival.*



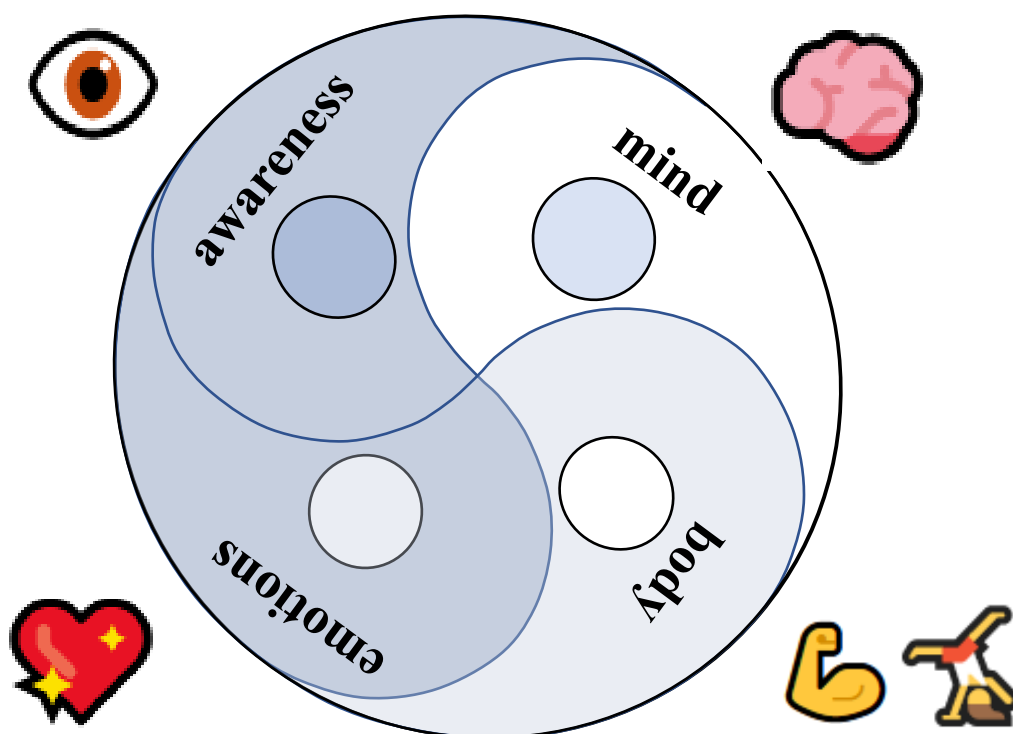
“Feeling bad” emotions, like anger, fear, fury, and rage have an evolved correlation with a temporary powerful (but long-term weakening) physiology of the body and brain. As an evolved ***last ditch survival mechanism*** (fight, flight, or freeze) the mind injects a powerful adrenalin boost into the body. This provides a short-term survival opportunity but in the long run, fear and anger states are harmful to the body and brain and create a negative vortex of behavior and events.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology



2) *The Symbiotic Synergy Between Mind, Body, Emotions, and Awareness*

a. A dis-empowered, weak, and sluggish physiology of the brain and body feels-bad and leads to poor decision-making, performance, and injury.

b. an empowered, robust, and healthy physiology of the brain and body feels-good and leads to strength, speed, stamina, agility, cunning, and successful decision-making.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.1 Emotions Evolution With (Correlation With) Physiology



1) Negative, bad-feeling emotions, moods, attitudes, and feelings have evolved with (an evolved correlation with) disempowerment:

- a. Sickness, injury, and poor decision-making*
- b. Weak physiology*
- c. Ineptness*
 - i. Weak,*
 - ii. clumsy,*
 - iii. slow,*
 - iv. lethargic,*
 - v. incompetent*
- d. Failure (poor decision-making ability)*

2) Behavior... action, moves, shots, play calls and decisions from a state of bad-feeling emotions, moods, attitudes, and feelings are made within a weakened physiology and will lack the power than from behavior within a good-feeling, empowered physiology.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.1 Emotions Evolution With (Correlation With) Physiology (cont.)



***3) Positive, good-feeling emotions, moods, attitudes,
and feelings have evolved with (an evolved correlation
with) empowerment:***

- a. Health, well-being, and successful decision-making***
- b. Healthy, strong, and powerful physiology***
- c. Powers of***
 - i. Strength,***
 - ii. Speed,***
 - iii. Stamina,***
 - iv. Agility,***
 - v. Cunning,***
- d. Success (successful decision-making ability)***

4) Behavior... action, moves, shots, play calls and decisions from a state of good-feeling emotions, moods, attitudes, and feelings are made within a robust physiology and will have more power than from behavior within a bad-feeling, disempowered and weakened physiology.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.2 The Evolution of Mind, Body, Emotions, and Awareness

(“You” are an early, pre-historic humanoid. Mark success, failure, or depends.)

1) *If you feel strong, healthy, and agile AND you are strong, healthy, and agile:*

- i. Will you survive when crossing a fast-moving stream over the rocks?
Success.....failure.....depends
- ii. Will you survive when climbing a tree for fruit or nuts?
Success.....failure.....depends
- iii. Will you survive when hunting across the savannah of Africa?
Success.....failure.....depends.....

2) *If you feel strong, healthy, and agile BUT you are not strong, healthy, and agile:*

- i. Will you survive when crossing a fast-moving stream over the rocks?
Success.....failure.....depends
- ii. Will you survive when climbing a tree for fruit or nuts?
Success.....failure.....depends.....
- iii. Will you survive when hunting across the savannahs of Africa?
Success.....failure.....depends.....

3) *If you do not feel strong, healthy, and agile BUT you are strong, healthy, and agile:*

- i. Will you attempt to cross a fast -moving stream to hunt and gather?
yes.....no.....depends.....
- ii. Will you attempt to climb a tree for fruits or nuts?
yes.....no.....depends.....
- iii. Will you attempt to hunt across the savannahs of Africa?
yes.....no.....depends.....

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions

6.2 The Evolution of mind, body, emotions, and awareness (cont.)

4) If you emotionally feel-good, AND you are strong, healthy, and agile:

- i. Will you survive when crossing a fast-moving stream over the rocks?
Success.....failure.....depends
- ii. Will you survive when climbing a tree for fruit or nuts?
Success.....failure.....depends
- iii. Will you survive when hunting across the savannah of Africa?
Success.....failure.....depends.....

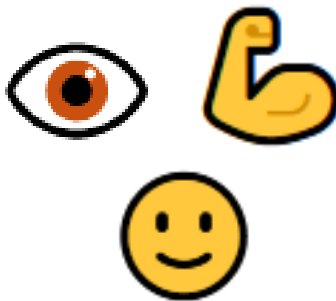
7) If you emotionally feel-good, BUT you are not strong, healthy, and agile:

- i. Will you survive when crossing a fast-moving stream over the rocks?
Success.....failure.....depends
- ii. Will you survive when climbing a tree for fruit or nuts?
Success.....failure.....depends.....
- iii. Will you survive when hunting across the savannahs of Africa?
Success.....failure.....depends.....

8) If you emotionally feel-bad, and you are not strong, healthy, and agile:

- i. Will you attempt to cross a fast-moving stream to hunt and gather?
yes.....no.....depends.....
- ii. Will you attempt to climb a tree for fruits or nuts?
yes.....no.....depends.....
- iii. Will you attempt to hunt across the savannahs of Africa?
yes.....no.....depends.....
- iv. Will you survive the evolutionary mill?
yes.....no.....depends.....

Positive, good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with health, well-being, and successful decision-making ability and their actualization.



When an individual gravitates towards that which brings about excitement, enthusiasm, and exhilaration, they are following their path of greatest success.



6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions

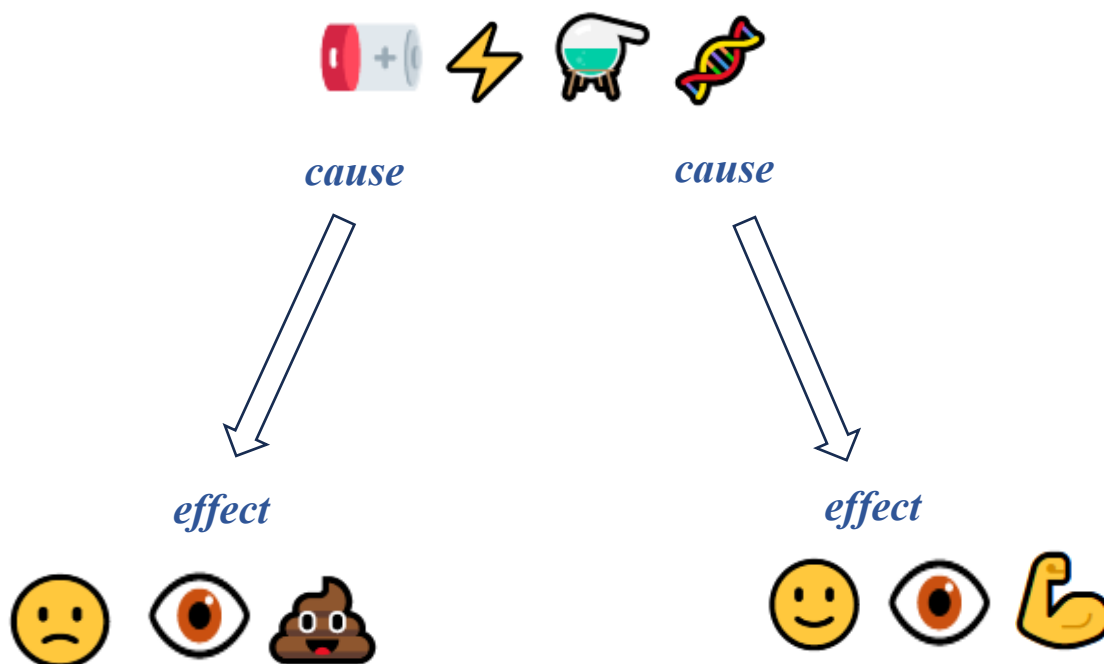


Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.3 Emotions: The Perception of Physiological Changes and States of Being in the Brain and Body

Cognitive activities precipitate healthy and unhealthy changes and states of neurological, biochemical, and physiological being in the brain and body.



*a. Bad-feeling emotional awareness is the perception of dis-empowering, weak, and sluggish physiology of the brain and body susceptible to poor decision-making, performance, and **injury**.*

b. Good-feeling emotional awareness is the perception of empowered, robust, and healthy physiology conducive to strength, speed, stamina, agility, cunning, and successful decision-making.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions




Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology


6.4 The “Emotional” Vortex

1) *The Negative, Bad-Feeling Vortex of Weakness*

 of “weakness and failure”

Empowerment, health, and well-being with good, successful, and effective decision-making (and their actualization) **CANNOT BE MADE** in a vortex of negative, bad-feeling emotions, moods, attitudes, and feelings (that have an evolved correlation with a weak, unbalanced, and sluggish physiology of the brain and body).

2) *The Positive, Good-Feeling Vortex of Power*

 of “power and success”

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 (that have an evolved correlation with a strong, balanced, and vigorous physiology of the brain and body).

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.5 Emotions, Moods, Attitudes, and Feelings Awareness

The differences between emotions, moods, attitudes, and feelings are because of different mixes and associations of:

- 1) emotional feelings
 - a. what a person is perceiving
- 2) physiological make-ups
 - a. the changes and states of precipitated neurological, biochemical, and physiological being
- 3) mental/cognitive activities of awareness and knowing
 - a. thoughts,
 - b. memories,
 - c. beliefs,
 - d. imaginings,
 - e. perceptions,
 - f. Reasonings
- 4) Reference: Smith, Tiffany Watt (2015). *The Book of Human Emotions: From Ambiguphobia to Umpty – 154 Words from Around the World for How We Feel*. Little, Brown and Company

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.6 Emotions, Moods, Attitudes, and Feelings: A Difference in Cultural Experiences

- a. Physical Pain Scale analogy: rate your pain from 1-10 :
- There is a difference between growing up within different social-economic experiences if your maximum pain was:
- scrape on the city sidewalk or bruise on a playground vs
 - breaking different bones while growing up on a farm
- b. When a psychologist wants to know how depressed you are, their academic background makes things rather complicated:
- Beck Depression Inventory
 - Center for Epidemiologic Studies Depression Scale
 - EQ-5D
 - Hamilton Depression Rating Scale
 - Montgomery-Åsberg Depression Rating Scale
 - Social Problem-Solving Inventory-Revised Rating Scale
 - Behavior Assessment System for Children (BASC)
 - Children's Depression Rating Scale

- a. Black Dog Institute in Australia just want to know if a student is:

_____ anxious _____ not anxious

- b. Within “The Tao of Athletic Success”...just wants to know if your emotions, moods, attitudes and feelings:

_____ feel better? _____ feel good? _____ feel less bad ? _____ feel bad?

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.7 Is your house in order?



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?



The Quantum Being



The Intuitive Being



The Process Being



The Mechanical Being

Is your house in order?



"BAGUBA"

The Mental-Emotional Body: Strength and Conditioning



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



6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.8 Perception and Emotions

(fill in the blank).....(mark good or bad)

1) When I look at something I **don't like**, I feel: _____ good _____ bad

What are some things I see I don't like:

a) _____ (turnover) _____ (missing a shot) _____ (allowing an opponent's shot)

b) _____

2) When I look at something I **do like**, I feel: _____ good _____ bad

What are some things I do like:

a) _____ (making a shot) _____ (blocking their shot) _____ (their turnover)

b) _____

3) When I hear something I **don't like**, I feel: _____ good _____ bad

What are some things I hear that I feel bad about:

a) _____ (complaints) _____ (excuses) _____ (noisy, screaming crowds)

b) _____

4) When I hear something I **do like**, I feel: _____ good _____ bad

What are some things I hear that I feel good about:

a) _____ (compliments) _____ (noisy, screaming crowds)

b) _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.9 Thoughts and Emotions

(fill in the blank).....(mark good or bad)

1) When I think about something I **don't like** I feel: _____ good _____ bad

What are some things I think about that I feel bad about:

- a) _____ (losing) _____ (missing a shot) _____ (classes?) _____
b) _____

2) When I think about something I **do like** I feel: _____ good _____ bad

What are some things I think about that I feel good about:

- a) _____ (ice cream) _____ (weight training) _____ (competition) _____
b) _____

3) When I remember something I **don't like**, I feel: _____ good _____ bad

What are some memories I don't like:

- a) _____ (when we lost to " _____ ") _____ (a missed shot) _____
b) _____

4) When I remember something I **do like**, I feel: _____ good _____ bad

What are some memories I do like:

- a) _____ (beating " _____ ") _____ (block that setup a winning shot) _____
b) _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.9 Thoughts and Emotions (continued)

5) When I imagine something I **don't like**, I feel: _____ good _____ bad

What are some imaginations that I feel bad about:

- i. _____ (losing) _____ (blowing a route)
- ii. _____
- iii. _____

6) When I imagine something I **do like**, I feel: _____ good _____ bad

What are some imaginations that I feel good about:

- i. _____ (winning) _____ (making a great tackle)
- ii. _____
- iii. _____

7) When I analyze an outcome I **don't like**, I feel: _____ good _____ bad

What are some imaginations that I feel bad about:

- i. _____ (he blew his route) _____ (he didn't cover his man)
- ii. _____
- iii. _____

8) When I analyze an outcome I **do like**, I feel: _____ good _____ bad

What are some imaginations that I feel good about:

- i. _____ (he ran a great route) _____ (he made a great defensive play)
- ii. _____
- iii. _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.10 The Power of Want, Desire, and Intention

- 1) *Dwelling upon that which you do not want, desire, and intend generates negative, bad-feeling emotions, moods, attitudes, and feelings.*



When I dwell or focus on _____ I feel bad.

- 2) *Negative, bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with an unhealthy and depressed physiology.*



When I think about _____ I am weakening my body.

- 3) *Dwelling upon that which you **do want, desire, and intend** generates positive and empowered good-feeling emotions, moods, attitudes, and feelings.*



When I dwell or focus on _____ I feel good.

- 4) *Positive and empowered good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with strength, speed, stamina, agility, cunning, and successful decision-making ability needed to thrive within the evolutionary mill.*



To feel-good and to be strong, powerful, and ready for a competition, I dwell upon

*Visualization takes you to the basket,
cognitive-emotional actualization makes the basket.*

The question is not “How do you feel?”

but

“How do you want to feel?”

Cognitive Activities of the Mind

(such as thoughts, memories, beliefs, imaginations, perceptions, and reasoning) precipitate the changes and states of physiology in the brain and body that drive behavior and are perceived as emotions.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

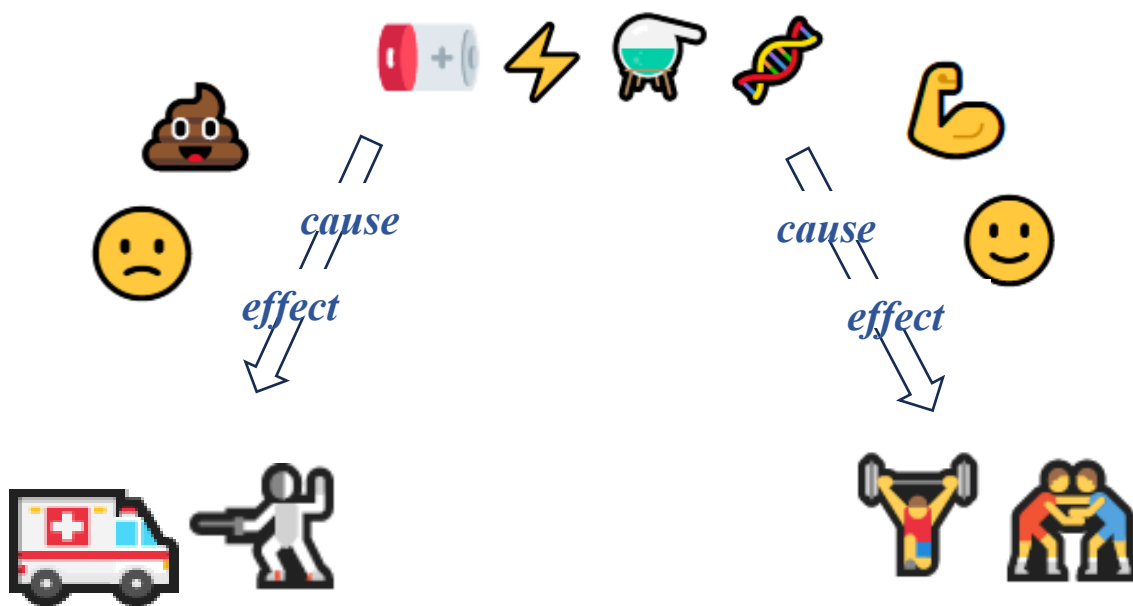
Good-feeling, healthy, strong, robust, and balanced physiology

6.11 The Brain as a Highly Advanced Organic Neural Network Processor that orchestrates the changes and states of physiology that drive behavior

The brain orchestrates



good and bad-feeling changes and states of neurology, biochemistry, and physiology in the brain and body.



Depression and Aggressive Behavior

Exhilarating and Powerful Behavior

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.12 Behavior as a Function of Cognition

Cognition (thoughts, memories, beliefs, imaginations, perceptions, and reasoning) precipitates

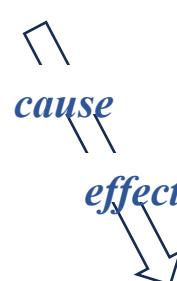
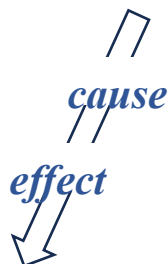


changes and states of neurology, biochemistry, and physiology in the brain and body

*Dis-empowering
physiology
emotionally
feels-bad*



*Empowering
physiology
emotionally
feels-good*



Depression and Aggressive Behavior

(bad-feeling, disharmonious, and disempowering changes and states of physiology that drive behavior)

Exhilarating and Powerful Behavior

(good-feeling, harmonious, and empowering changes and states of physiology that drive behavior)

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.13 Emotions as a Function of Cognition

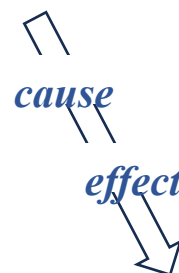
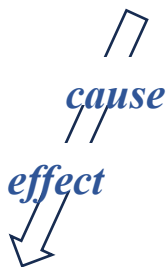
Cognition (thoughts, memories, beliefs, imaginations, perceptions, and reasoning) precipitates

Focusing on what is not wanted desired, nor intended precipitates an unhealthy, imbalanced, and disempowering physiology



Focusing on what is wanted desired, and intended precipitates a healthy, balanced, and empowering physiology

changes and states of neurology, biochemistry, and physiology in the brain and body



PQ36

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



PQ37

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

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.14 Emotions, Moods, Attitudes, and Feelings as a function of Cognition

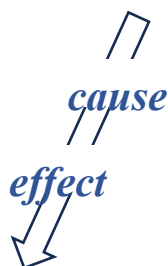
Cognition (thoughts, memories, beliefs, imaginations, perceptions, and reasoning) precipitates

Focusing on what is not wanted desired, nor intended precipitates an unhealthy, imbalanced, and disempowering physiology

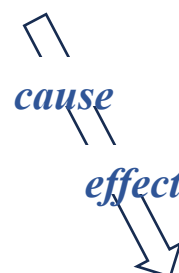


Focusing on what is wanted desired, and intended precipitates a healthy, balanced, and empowering physiology

changes and states of neurology, biochemistry, and physiology in the brain and body



Bad-feeling emotions, moods, attitudes have an evolved correlation with an imbalanced and unhealthy physiology susceptible to weakness, fatigue, and poor and ineffective decision-making prowess.



Good-feeling emotions, moods, attitudes have an evolved correlation with a balanced and healthy physiology conducive to strength, power, agility and effective and successful decision-making prowess.

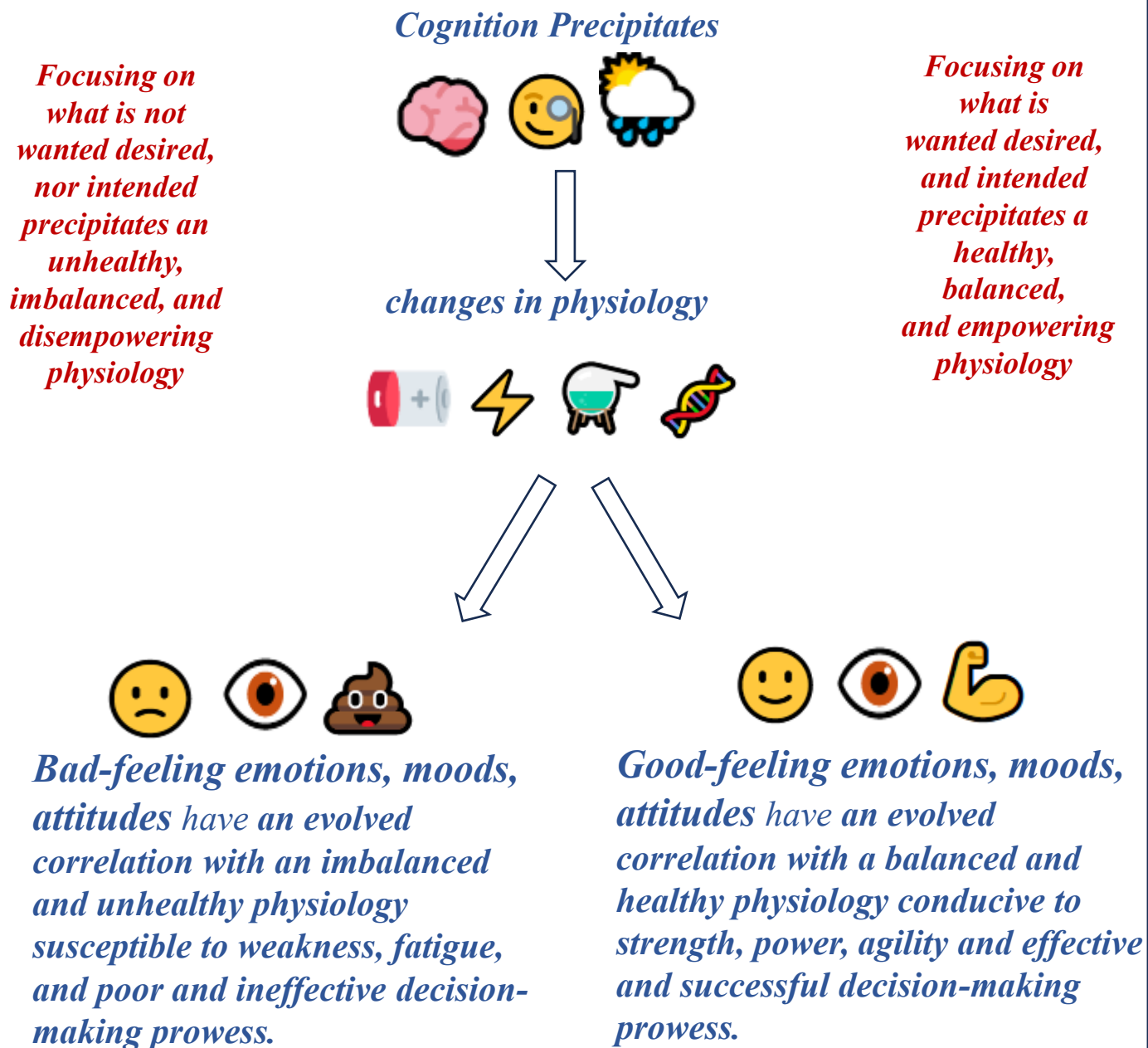
6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.15 Cognitive-Emotional Evolution



Think of a good-feeling drunk, stumbling into his car to drive across town in rush-hour traffic to buy groceries... it is not going to happen.

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

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.16 Behavior and Emotions as a Function of Cognition

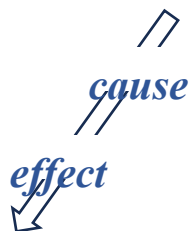
Cognition (thoughts, memories, beliefs, imaginations, perceptions, and reasoning) precipitates

Focusing on what is not wanted desired, nor intended precipitates an unhealthy, imbalanced, and disempowering physiology

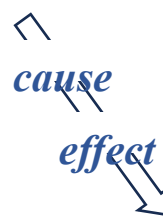


Focusing on what is wanted desired, and intended precipitates a healthy, balanced, and empowering physiology

changes and states of neurology, biochemistry, and physiology in the brain and body.



that drives Behavior



Are perceived as Emotions

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology

Good-feeling, healthy, strong,
robust, and balanced physiology

6.17 Cognition precipitates the physiological changes and states of being that are perceived as emotion.

Action from a negative, bad-feeling place has power and strength.

_____ True _____ False

- 1) *Because cognition precipitates the physiological changes and states of being that is perceived as emotion, cognition (not emotion) drives behavior.*

If I want to change how I feel, I must change my thoughts.

_____ True _____ False

- 2) *Emotions do not drive behavior* as you read in books, hear in music and song, or see in movies, TV, and videos. Emotions are an effect; cognition is the cause. (1st perceive the bear. 2nd conceive what the bear is. 3rd understand the dangers. 4th act.)

If the movie I am watching* is depressing**, I can change the channel.

_____ True _____ False

- 3) *Emotions have evolved, not to be controlled, managed, or regulated,* but to guide the re-processing of disempowering, negative, and unhealthy bad-feeling cognitive activities into empowering, positive, and healthy good-feeling cognitive activities.

My negative-bad feeling thoughts can be used to find positive good-feeling thoughts.

_____ True _____ False

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.18 Disempowering Cognitive Focus

Cognitively focusing or dwelling upon things you do not like, want, or intend have an evolved correlation with dis-empowering, negative, and bad-feeling emotions, moods, attitudes, and feelings.



(fill in the blanks with “things” I DO NOT like)

1) Unpleasant Perceptions:

- a) See: _____
- b) Hear _____
- c) Taste: _____
- d) Touch: _____
- e) Smell: _____

2) Unpleasant thoughts (in pictures, words, self-talk, music):

- a) Thought: _____
- b) Memory: _____
- c) imaginations: _____

3) Unpleasant logic and associations (I always play poorly on their court, field, rink, or mat):

- a) Logic: _____
- b) Associations: _____

4) Unpleasant creativity and inspiration:

- a) _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.19 Empowering Cognitive Focus:

Cognitively focusing or dwelling upon things you do like, want, or intend have an evolved correlation with empowering,, positive, and good-feeling emotions, moods, attitudes, and feelings.



(fill in the blanks with “things” I do like)

1) Likable things I perceive:

- a) See: _____
- b) Hear: _____
- c) Taste: _____
- d) Touch: _____
- e) Smell: _____

2) Likable thoughts (in pictures, words, self-talk, music):

- a) Thought: _____
- b) Memory: _____
- c) imaginations: _____

3) Likable logic and associations (I always play great on their court, field, rink, or mat):

- a) Logic: _____
- b) Associations: _____

4) Likable creativity and inspiration:

- a) _____

Cognitive activities of the mind (such as thoughts, memories, imagination, reasoning, and perceptions) precipitate the neurology, biochemistry, and physiology of being of the brain and body that is perceived as emotion.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.20 The Mental-Emotional Body

- 1) *Emotions have evolved to be trusted* in symbiotic harmony with mind, body, emotions, and consciousness and to guide and re-process cognitive behavior towards the joyous, good feeling emotions, moods, attitudes, and feelings.

If I have a habit of thinking negative, bad-feeling thoughts, I can easily just stuff them.

_____ True _____ False _____ Sometimes

- 2) *Good-feeling emotions, moods, attitudes, and feelings* are indicative of health, well-being, and successful decision-making prowess (and their actualization).

Feeling bad because I am behind in the score will help me win.

_____ True _____ False

- 3) *An individual or athlete's physiological capacity to succeed* in sports or in life correlates with their cognitive-emotional skills, tools, and understandings to re-process, re-structure, and re-organize dis-empowering, negative, and bad feeling cognitive behavior into empowering, positive, and good-feeling cognitive activities (see Section 6).

I have the wisdom, skills, and ability to change my thoughts to a better-feeling, healthier, and stronger place.

_____ True _____ False

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.21 *What you are getting.... comes from your vortex..... of what you are thinking and what you are feeling.*

“Vortex of More Failure”



Focus on a dropped ball, missed tackle, fumble, missed block, penalty, interception, blown coverage creates a vortex of more mistakes, errors, and failure.

“Vortex of More Success”



Focus on successful play calls or scheme, great routes, effective blocking, good tackling, bewildering runs, pinpoint passing creates a vortex of more power and success.

1) midway test

- a) What are you getting? What is happening “to you” on the field?
Success _____ Failure _____
- b) What are you thinking? What are you focusing on?
 - i. _____
- c) What are you feeling?
 - i. _____
- d) Where is **your** place of power? Where is **your** focus when feeling good?
 - i. _____

*Cognitive activities of the mind shape reality:
Emotions indicate the desirability of that shape.*

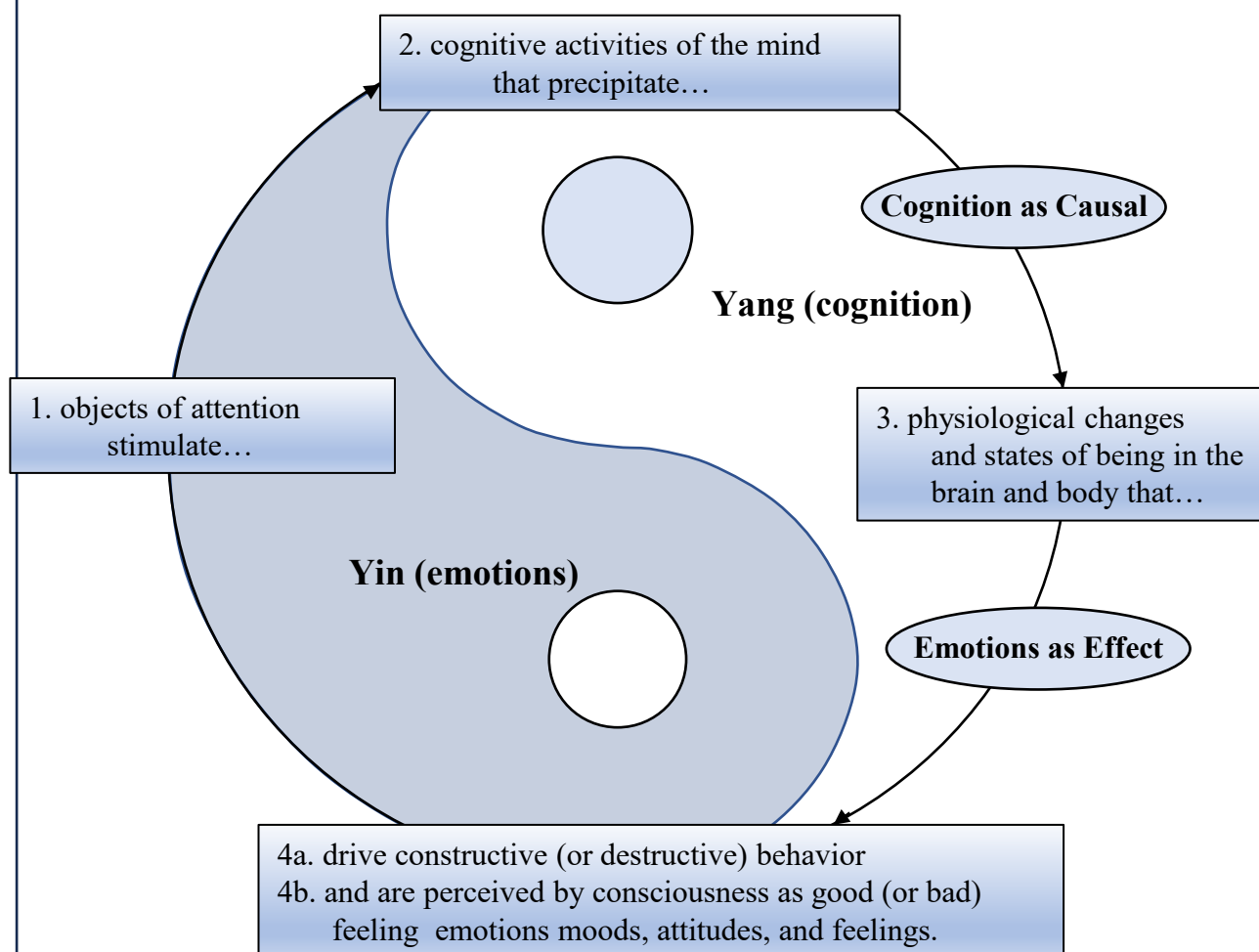
6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



Bad-feeling, unhealthy, weak, fragile, and imbalanced physiology

Good-feeling, healthy, strong, robust, and balanced physiology

6.22 Self-Absorbed (Open-Loop) Cognitive-Emotional Process Flow Chart



- 1) *Dwelling upon that which you do not want, desire, and intend generates negative, bad-feeling emotions, moods, attitudes, and feelings that have an evolved correlation with an unhealthy and depressed physiology vulnerable to sickness, injury, and ineffective and poor decision-making.*
- 2) *Dwelling upon that which you do want, desire, and intend generates positive, good-feeling emotions, moods, attitudes, and feelings that have an evolved correlation with a healthy and powerful physiology that supports effective and successful decision-making prowess and abilities.*

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.23 Performance anxiety demonstrates a lack of skills, ability, and understanding to dwell and focus upon that which is wanted, desired, and intended.

Managing performance anxiety by building confidence and determination when focusing and dwelling upon that which is wanted, desired, and intended:

- 1) Trust and focus on your training. Listen, embrace, and remember what your coaches and trainers are teaching about your performance capabilities.

Do I “know I know” what my coach has taught me.

_____ Yes, I can “feel it” _____ No, I don’t know the “feeling”

- 2) Play and focus within your place of power: confidence, swager, knowing, and good feeling of success.

I can get into my place of POWER, STRENGTH, SPPEED, AGILLITY, CUNNING, AND SUCCESS!

_____ Yes, I can “feel it” _____ No, I don’t know the “feeling”

- 3) Play within your capacity. Trying to do more means a focus within lack.

_____ Yes, I can “feel it” _____ No, I don’t know the “feeling”

- 4) You cannot make good decisions or get good results from a negative feeling place. Feel good, cheer, and congratulate your teammates success

_____ Yes, I can “feel it” _____ No, I don’t know the “feeling”

- 5) When feeling the emotionally negativity...**STOP**...stop your train of pain and change your thoughts. Do **something** to get your mind into a better, good-feeling place (reference Section 6).

Success must be defined within an athlete's skills, tools, and abilities to get off the train of pain and onto the train of gain..

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.24 Short Memory vs. The Power of Focus

Your power is in your ability to focus on what is wanted. A “short memory” negates the power of negative thinking in understanding and clarifying that which you do not want, desire, or intend. A new vortex of thoughts, ideas, and perceptions builds up and becomes more powerful when now focusing on that which is wanted, desired, and intended.

a) What are you getting? What is happening “to you” on the field (throwing interceptions, turnovers, missed block)

b) What are you thinking? What are you focusing on?

(“don’t miss” or “make it”)

“not wanted” _____

“wanted” _____

c) What are you feeling? (Your power is NOT in a place of negative, bad-feelings, and focus on what is “not wanted”.)

Feeling good _____ “Feeling bad” _____

d) Where is your focus when in your feeling good place of power?

focused on wanted? _____

focused on “not’ wanted? _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.25 Focus in a Prevent Offense/Defense

The reason that a prevent offense/defense doesn't work is because of a focus on that which is not wanted...on *what you want to prevent*. A prevent offense/defense will work if the players focus on what is wanted, desired, and intended. That is, is a defensive back focused on preventing the receiver from "*catching the ball*" or on "*knocking the ball down.*" Is a quarterback focused on not "*throwing an interception*" or "*completing a pass*". Is the offense and defensive coordinators focused on not "*losing*" or on "*winning.*"

- a) What are you getting? What is happening "to you" on the field (throwing interceptions, turnovers, missed block)

- b) What are you thinking? What are you focusing on?
("don't miss" or "make it")

"not wanted" _____

"wanted" _____

- c) What are you feeling? (Your power is NOT in a place of negative, bad-feelings, and focus on what is "not wanted".)

Feeling good _____ "Feeling bad" _____

- d) Where is your focus when in your feeling good place of power?

focused on wanted? _____

focused on "not" wanted? _____

Ignorance of the evolved correlation between positive, good-feeling emotions, moods, and feelings and a person's strong, healthy, and robust neurology, biochemistry, and physiology sabotages a necessary desire and motivation to pivot off of negative, bad-feeling cognitive-emotional dynamics and their incapacity to ward off sickness, illness, and injury.

*Empowering activities of the mind precipitate
empowering changes and states of physiology
perceived as good-feeling emotions, moods, attitudes,
and feelings.*

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.26 *Playing to Win vs Playing Not to Lose*

Again, where is your focus? A focus of “*not losing*” creates a vortex of thoughts, perceptions, and imagery of losing within a weak and disempowering physiology. If your intent is “*to win*”, then your thoughts, perceptions, and imagery should be around the good-feelings of success and the associating and empowering physiology of strength, power, and imagery of success .

- a) What are you getting? What is happening “to you” on the field (throwing interceptions, turnovers, missed block)

- b) What are you thinking? What are you focusing on?

(“don’t miss” or “make it”)

“not wanted” _____

“wanted” _____

- c) What are you feeling? (Your power is NOT in a place of negative, bad-feelings, and focus on what is “not wanted”.)

Feeling good _____ “Feeling bad” _____

- d) Where is your focus when in your feeling good place of power?

focused on wanted? _____

focused on “not’ wanted? _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.27 Fumble-itis, Interception-itis, Drop-itis, Turn Ove-it is, and Cannot Make a Basket-itis: Discipline of Focus

Focus, focus, focus.... on that which is wanted, desired, and intended! Is the athlete focused on the positive and empowering good feelings of “*securing the ball*” or on the negative and disempowering bad-feelings of “*not fumbling*”? The same is for the quarterback, receiver, defensive lineman or for any other member of the team and the team as a whole. Where is their power of focus? Is it within the negative, bad-feeling, and disempowering physiology of what they “*don’t want*” or on good-feeling and empowering physiology of what they “*do want*”?

- a) What are you getting? What is happening “to you” on the field (throwing interceptions, turnovers, missed block)

- b) What are you thinking? What are you focusing on?
 (“don’t miss” or “make it”)

“not wanted” _____

“wanted” _____

- c) What are you feeling? (Your power is NOT in a place of negative, bad-feelings, and focus on what is “not wanted”.)

Feeling good _____ “Feeling bad” _____

- d) Where is your focus when in your feeling good place of power?

focused on wanted? _____

focused on “not’ wanted? _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.28 Play Within Your Parameters (Skill and Ability Level)

Trying and attempting to play beyond your abilities and what your coach has asked of you is to bring into play the focus of lack of “*not good enough*”, that is, that you do not have the capacity to do your job. This focus on lack and inability only diminishes further your capabilities. Focus on lack and the negative, bad-feeling emotions are indications of a depressed and weakened physiology prone to injury and poor decision-making capability. Now, this is all reversed if your coach’s challenge motivates you into a challenging, good-feeling and excitement of doing more. The empowering, good-feelings are indications of an empowered physiology and a focus on that which is wanted, desired, and intended.

- a) What are you getting? What is happening “to you” on the field (throwing interceptions, turnovers, missed block)

- b) What are you thinking? What are you focusing on?

(“don’t miss” or “make it”)

“not wanted” _____

“wanted” _____

- c) What are you feeling? (Your power is NOT in a place of negative, bad-feelings, and focus on what is “not wanted”.)

Feeling good _____ “Feeling bad” _____

- d) Where is your focus when in your feeling good place of power?

focused on wanted? _____

focused on “not” wanted? _____

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.

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

6.29 Managing Disappointment of a Play, Practice, or Game

Within the excitement and anticipation of a play, practice, or game lies an empowered physiology of strength, cunning, and capacity to perform. Any mishap, hiccup, or screw-up must be seen as an opportunity to re-focus on your task at hand with a new determination. Again, focus, focus, focus.... on that which is wanted, desired, and intended. Where is your power? Is it within the negative, bad-feeling, and disempowering physiology of what you “*do not want*” or is it within the good-feeling and empowering physiology of what you “*do want*”?

a) What are you getting? What is happening “to you” on the field (throwing interceptions, turnovers, missed block)

b) What are you thinking? What are you focusing on?

(“don’t miss” or “make it”)

“not wanted” _____

“wanted” _____

c) What are you feeling? (Your power is NOT in a place of negative, bad-feelings, and focus on what is “not wanted”.)

Feeling good _____ “Feeling bad” _____

d) Where is your focus when in your feeling good place of power?

focused on wanted? _____

focused on “not’ wanted? _____

6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drives Behavior and Is Perceived as Emotions



*Bad-feeling, unhealthy, weak, fragile,
and imbalanced physiology*

*Good-feeling, healthy, strong,
robust, and balanced physiology*

Section 6.0 Cognition Precipitates Changes and States of Physiology in the Brain and Body that Drive Behavior and Are Perceived as Emotions

Post Test

- 1) Name 2 activities you do to get into the positive, good-feeling place of a strong, robust, and powerful physiology of the mind and body at home.
 - a) _____
 - a) _____

- 2) Name 2 activities you do to get into the positive, good-feeling place of a strong, robust, and powerful physiology of the mind and body during practice.
 - a) _____
 - a) _____

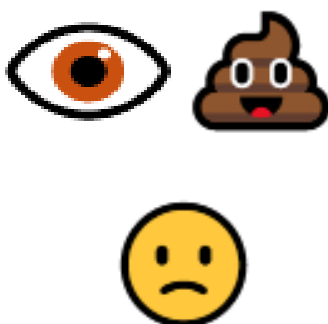
- 3) Name 2 activities you do to get into the positive, good-feeling place of a strong, robust, and powerful physiology of the mind and body during a game.
 - a) _____
 - a) _____

- 4) What do you do if, no matter what you do or try, you **can not** get into a good-feeling place of power?
 - a) _____

Cognitive activities of the mind bring about the physiological changes and states in the brain and body that are consciously perceived as emotions.

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.

*Negative, bad feeling emotions,
moods, attitudes, and feelings have an
evolved correlation with the lack of
health, well-being and effective and
successful decision-making prowess and
their actualization.*



7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

Section 7.0 Mental-Emotional Being: Discipline, Work, Strength and Conditioning

Pre-Test

1. Before a practice or competition, do your wants, desires, and intentions bring empowering, good-feeling emotions, moods, attitudes, and feelings?

Yes _____ No _____

2. Are you focusing on that which is wanted, desired, and intended?

Yes _____ No _____

3. What cognitive activities do you focus on that bring about empowering good-feeling emotions, moods, attitudes, and feelings?

a) _____

b) _____

c) _____

4. What physical activities do you do that bring about empowering good-feeling emotions, moods, attitudes, and feelings?

a) _____

b) _____

5. What is your routine to get into your place of power?

Before practice: _____

Before a competition: _____

During a time-out, half-time _____

Personal Power of Qi and The Tao of Athletic Success Workout

7.0 The Mental-Emotional Being



In **Section 7** is about strength and conditioning the athlete's mental-emotional body of neuro-plastic networks of the brain and body. The athlete will develop their own discipline and strength and conditioning exercises (***tools, skills and abilities***) to always have the power of choice between:

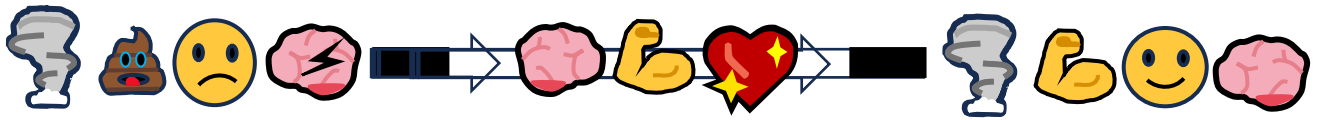
- 1) feeling-emotionally-bad
 - i. from the precipitation and perception of an unhealthy, weak, and dis-empowered physiology of the brain and body OR
- 2) feeling-emotionally good
 - i. from the precipitation and perception of a healthy, robust, and empowered physiology of the brain and body.

Mental-emotional re-processing to a healthier and more bio-chemically balanced physiology is about “don't think of a purple cow.” Meaning, mental-emotional re-processing is about developing the discipline and tools, skills, and abilities to re-focus mental activities onto something (anything) that precipitates a more powerful, good-feeling, and healthy physiology of the brain and body and is more conducive to the power, strength, speed, endurance, and agility wanted, desired, and needed for a championship winning performance.

A successful, championship player has the discipline and skills, tools, and understandings to ***RE-PROCESS, RE-STRURE, AND RE-DEVELOP*** dis-empowering, unhealthy, and biochemically imbalanced, bad-feeling and unhealthy mental activities towards empowering, healthy, and biochemically balanced good-feeling mental activities that correlate with a powerful, strong, robust, and healthy physiology of the brain and body.

That is: “Get off the chain of pain and get on the train of gain!”

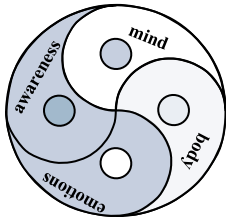
7.0 The Mental-Emotional Being



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

Discipline, Work, Strength, & Conditioning

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



*Before you ascend...
is your house in order?*

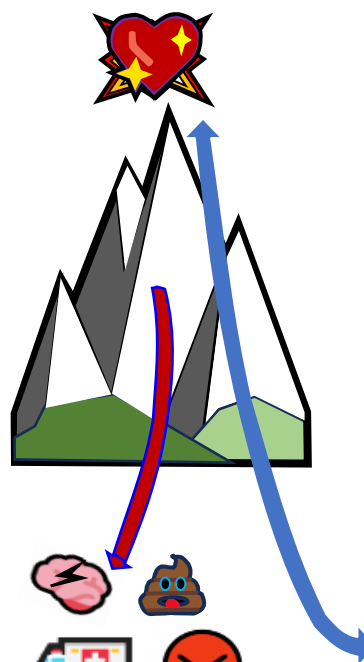


Have you created your vortex of empowering, healthy, and good-feeling mental activities.

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

And emotions? What about emotions?

(How many exercises and drills for emotional development?)



The Mental-Emotional Being

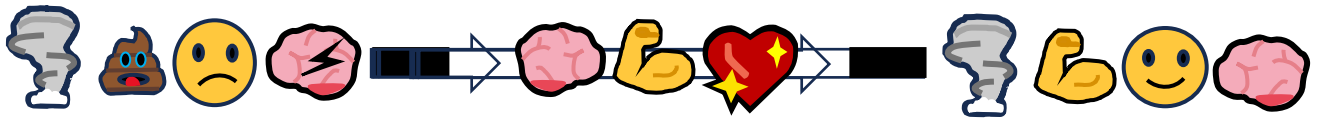


Strength, Conditioning, Discipline & Work



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

7.0 The Mental-Emotional Being



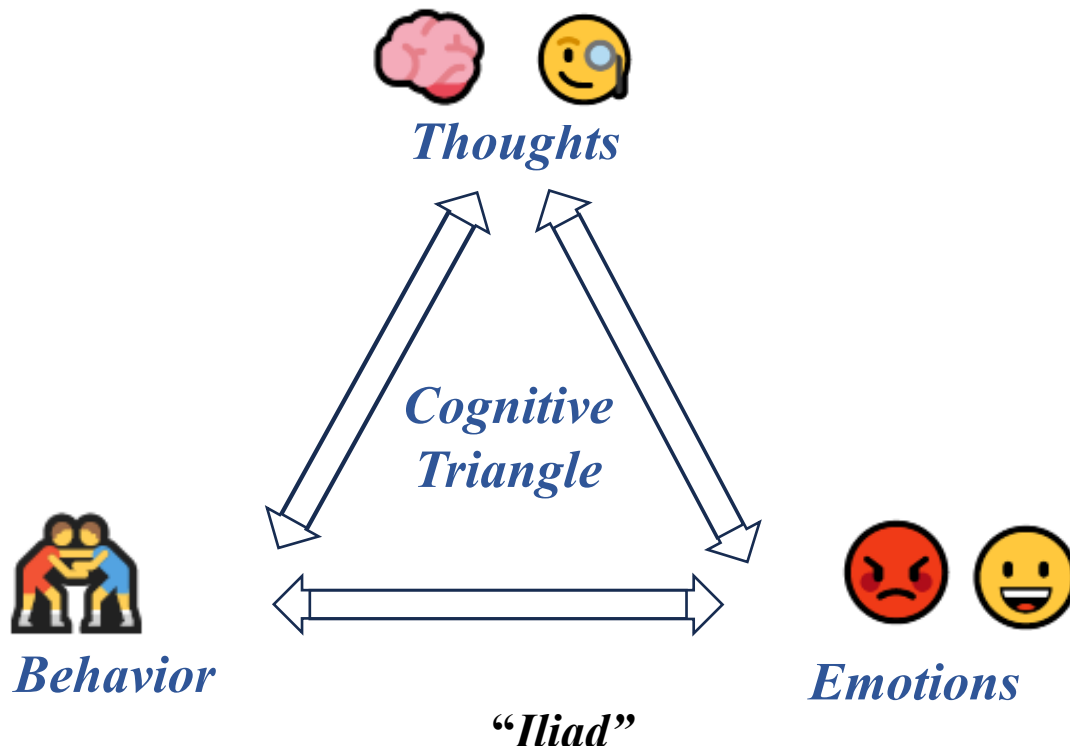
vortex of disempowering,
unhealthy, and bad-feeling
mental activities

**Discipline, Work,
Strength, & Conditioning**

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

7.1 Emotional Dysfunction and Disorder

1) and therefore, emotional control, management, and regulation.



Homer's "Iliad" opens with the line, "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. (2009) Iliad (A.S. Kline, Trans.). Benard Picart & Hendrick Goltzius. (Original work published ca. 800-700 BCE).

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*.

7.0 The Mental-Emotional Being

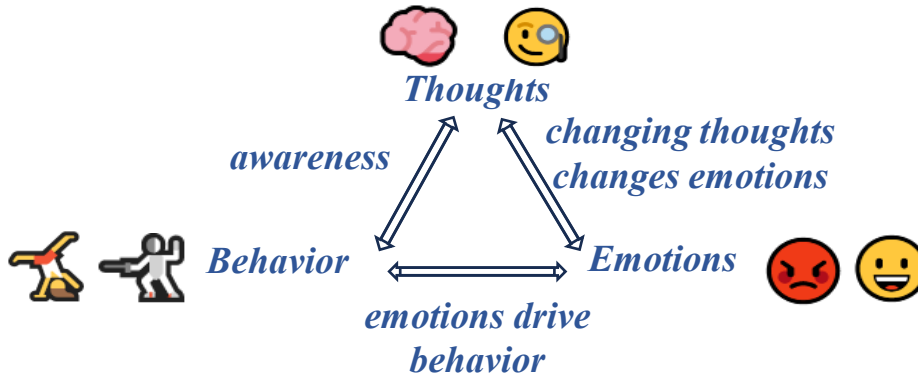


vortex of disempowering,
unhealthy, and bad-feeling
mental activities

**Discipline, Work,
Strength, & Conditioning**

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

7.2 The Mountain Exists as You Are Taught (The Cognitive Triangle)



1) Homer's "Iliad" (800-700BCE) (think Brad Pitt's "Troy" (2004))

- Achilles' fatal rage brought countless sorrows upon the Greeks.
- 3000 years of a language and literature of "emotions drive behavior."
- And, aberrant and dangerous emotions drive destructive behavior.

2) Therefore, beginning with the Ancient Greek Philosophers (600-300BCE): The supremacy of "mind" and "reason".

- Emotional dysfunction and disorder
- Emotion regulation and control by mind (reason vs. emotion debate)
- Similar religious debate between thoughts, emotions, and behavior:
 - The Torah 450-350 BCE
 - The New Testament 50-120 CE
 - The Quran 609-632 CE
 - Buddhism 400 BCE

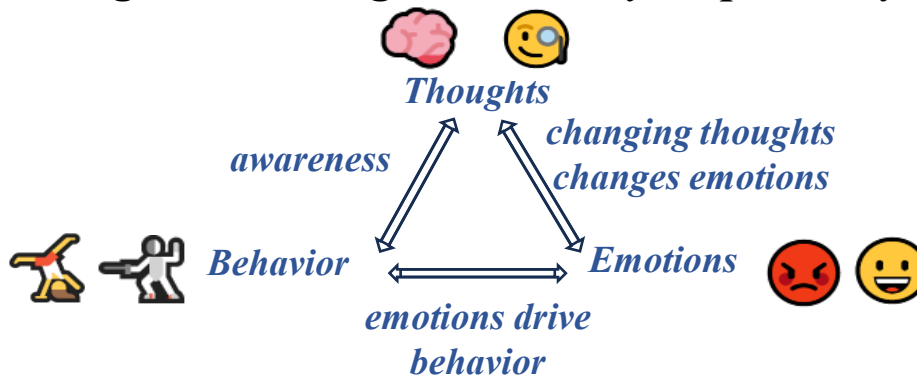
3) Modern psychology of emotional dysfunction and disorder:

- means emotions must be controlled, regulated, and managed by mind
- cognitive behavior modification therapies have found success
- the success of pharmaceuticals in mental illness (like depression, mania, schizophrenic tendencies) is because:
 - a biochemical imbalance caused by emotional dysfunction
 - pharmaceuticals are used in attempt to regain biochemical balance

7.0 The Mental-Emotional Being



7.3 The Cognitive Triangle and Today's Sports Psychology



1) Mental Toughness and Focus

- Tolerate or ignore physical and emotional pain*
- Focus on physical strength, training, and abilities*

2) Mindfulness

- awareness of one's internal state and surroundings*
- without judging or reacting to them (APA)*

3) Realistic Visualization

- Imagining your successful behavior/outcome (in your sport)*

4) Positive Self-Talk

- offshoot of cognitive behavior modification therapy (CBT)*

And emotions?

- aberrant and dangerous emotions driving destructive behavior.*
- emotional dysfunction under cognitive control*
 - mindfulness training (don't react, don't judge)*
 - mental toughness (tolerate emotional pain)*
 - change thoughts/change emotions (visualize something good)*

And intuitive and instinctive awareness and spontaneous action?

- Physical training and repetition: (don't think...act)*

And emotions?

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

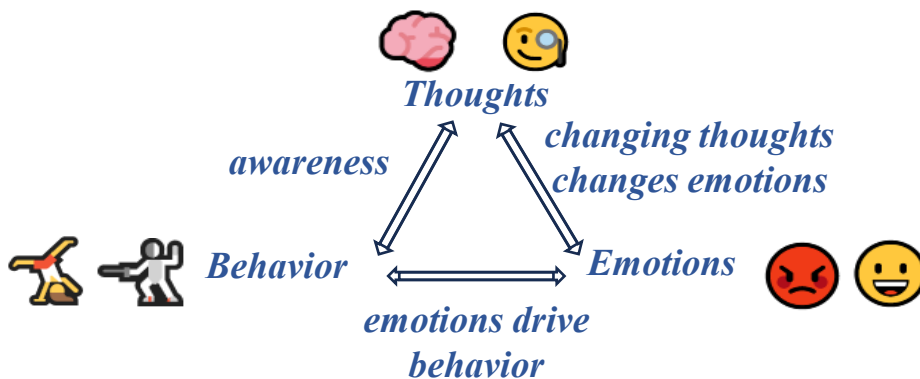
vortex of empowering,
healthy, and good-feeling
mental activities

7.4 Is the Cognitive Triangle Good for You?

(What have you been taught?)



1) mental toughness, 2) visualization, 3) mindfulness, 4) positive self-talk, 5) physical strength, conditioning, and training.

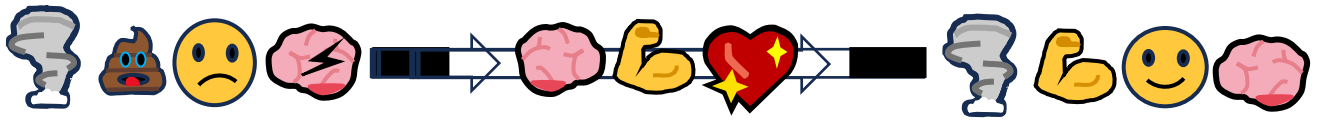


Something went wrong!?



Something went amiss for long distance runner Sara Shulze (2000-2022) in our world of highly advanced, researched, and academically grounded mental toughness, visualization, mindfulness, and positive self-talk conditioning and training.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.5 Two Ends of the Same Stick

That which you do not want?
(feels bad)

That which you do want
(feels good)



(drop a TD pass)

(catch a TD pass)

What do you not want?
(feels bad)

What do you want?
(feels good)



(_____)

(_____)

What do you not want?
(feels bad)

What do you want?
(feels good)



(_____)

(_____)

What do you not want?
(feels bad)

What do you want?
(feels good)



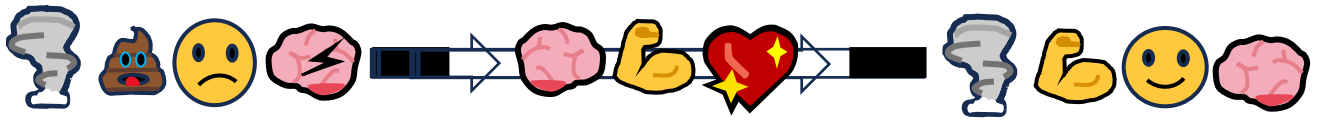
(_____)

(_____)

What do you not want?
(feels bad)

What do you want?
(feels good)

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

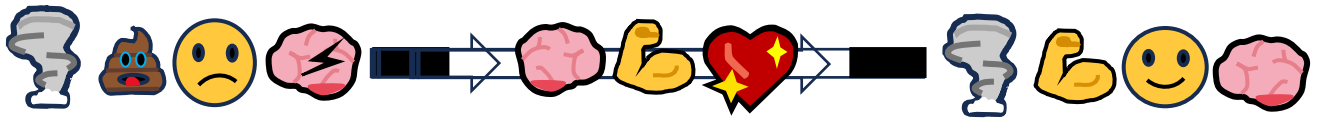
*vortex of empowering,
healthy, and good-feeling
mental activities*

5) *Focusing on that which is not wanted*

What do you ***NOT WANT***, desire, and intend that brings bad-feeling emotions, moods, attitudes, and feelings?

- a) miss a block that ends up with my QB sacked
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____

7.0 The Mental-Emotional Being

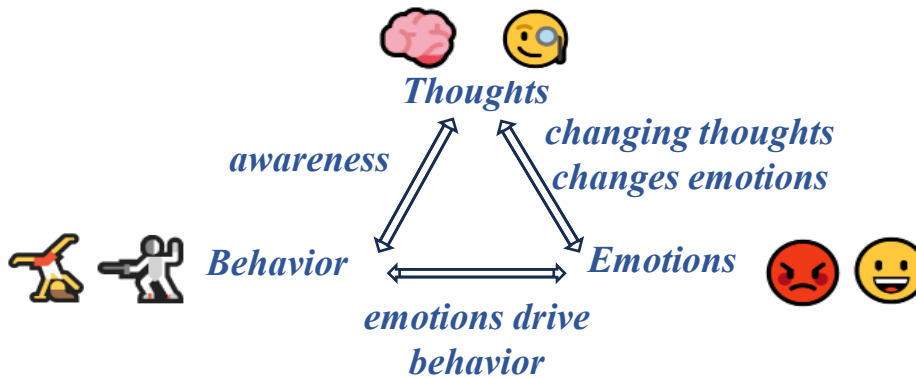


vortex of disempowering,
unhealthy, and bad-feeling
mental activities

**Discipline, Work,
Strength, & Conditioning**

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

7.6 Can we improve The Cognitive Triangle?

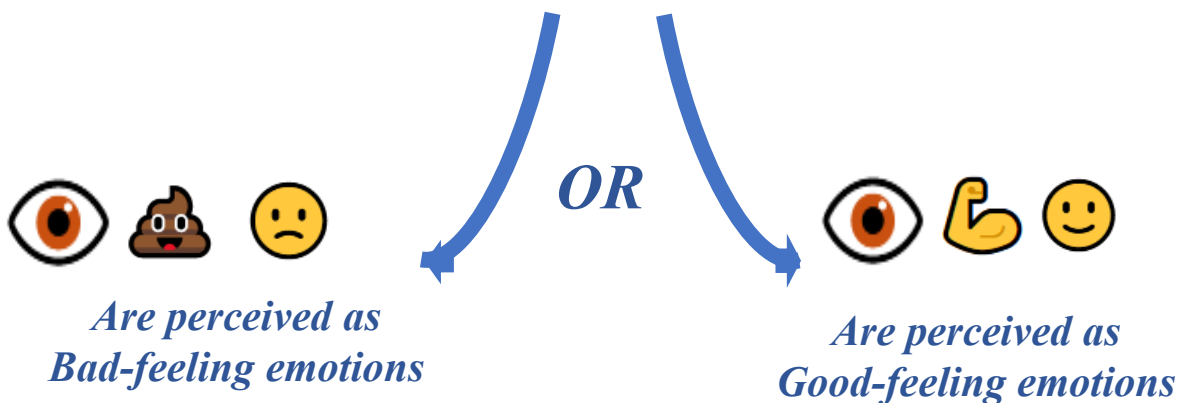


1) Add changes in physiology:

- Emotions (moods, attitudes, and feelings) are the perception of changes and states of physiological being in the brain and body.



Neurology, Biochemistry, and Physiology



- Emotions (moods, attitudes, and feeling) either feel- good or feel-bad.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.6 Can we improve The Cognitive Triangle? (cont.)

2) Add effects of millions of years of evolutionary struggle, hardship, conflict, and battle.



- *Bad-feeling emotional awareness has an evolved correlation with an un-healthy physiology.*



- *Good-feeling emotional awareness has an evolved correlation with healthy physiology.*

Imagine early humanity surviving by climbing trees for fruits and nuts, crossing steams, or living on the African savannahs. Would their gathering and hunting be successful if:

- 1) *Felt emotionally good, but was physically weak...*
- 2) *Felt emotionally bad, but was physically strong...*
- 3) *Felt emotionally good, and was physically strong...*

Imagine a modern day, good feeling drunk stumbling into their car to get across town during rush-hour traffic....

7.0 The Mental-Emotional Being

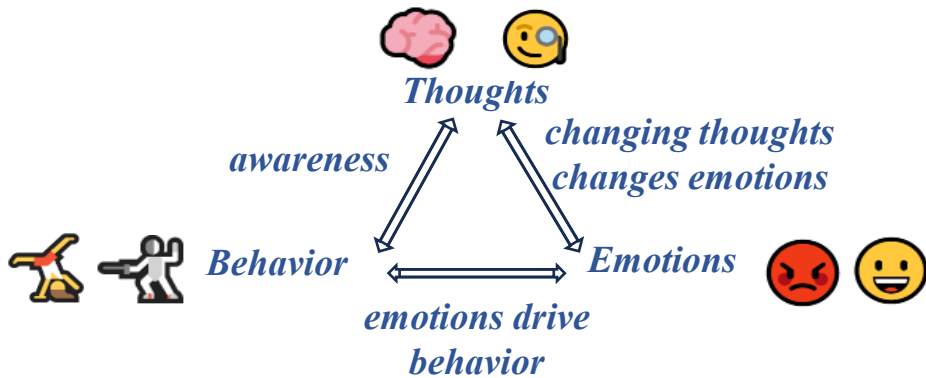



*vortex of disempowering,
unhealthy, and bad-feeling
mental activities*

***Discipline, Work,
Strength, & Conditioning***

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

7.6 Can we improve The Cognitive Triangle? (cont.)




***Cognition (thoughts, memories,
imaginings, perceptions, and reasonings)***

precipitates

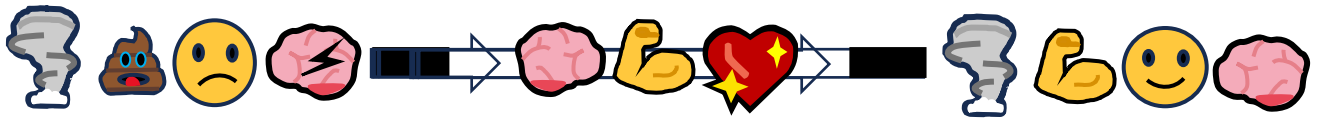


the changes and states in neurology, biochemistry, and physiology

that are perceived as good- and bad-feeling emotions



7.0 The Mental-Emotional Being

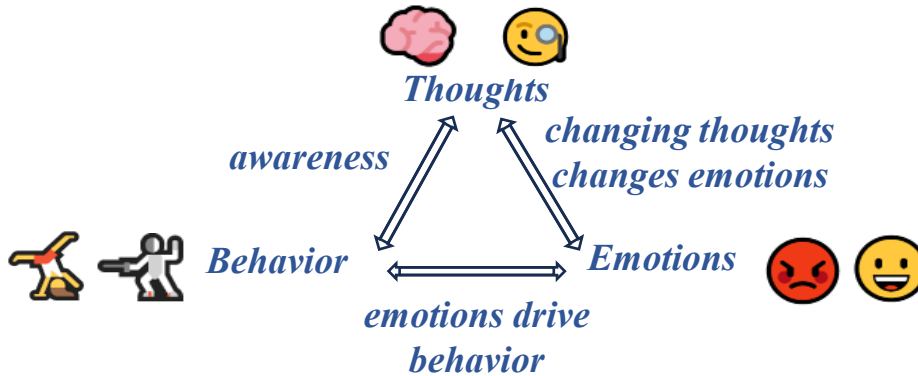



*vortex of disempowering,
unhealthy, and bad-feeling
mental activities*

***Discipline, Work,
Strength, & Conditioning***

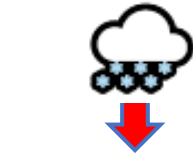
*vortex of empowering,
healthy, and good-feeling
mental activities*

7.6 Can we improve The Cognitive Triangle? (cont.)




***Cognition (thoughts, memories,
imaginings, perceptions, and reasonings)***

precipitates

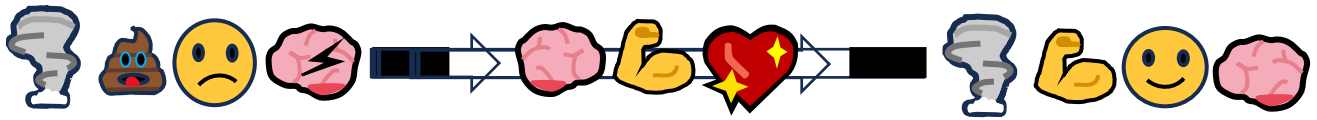


the changes and states in neurology, biochemistry, and physiology

These changes and states in physiology drive behavior



7.0 The Mental-Emotional Being



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

*Discipline, Work,
Strength, & Conditioning*

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

7.7 Cognition-Emotional Re-Processing

cognitive activities

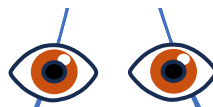


*(thoughts, memories, beliefs, imaginations,
perceptions, and reasonings)*

precipitate



the Neurology, Biochemistry, and Physiology



*that is
perceived as*



*Feels-Bad emotions (that are
susceptible to illness, injury, and
accidents)*

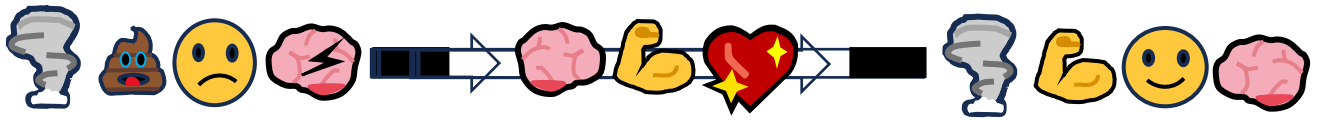


*Feels-Good emotions (that are and
conductive to strength, power, and
success)*

A focus of “not losing” creates a vortex of bad-feeling thoughts, perceptions, and imagery of losing within a weak and disempowered physiology.

An athlete's physiological capacity to succeed in sports (or in life) correlates with their cognitive-emotional skills, tools, and understandings to re-process, re-structure, and re-organize dis-empowering, negative, and bad feeling cognitive behavior into empowering, positive, and good-feeling cognitive activities.

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.7 Cognition-Emotional Re-Processing (cont.)

What do you **WANT**, desire, and intend that brings good-feeling emotions, moods, attitudes, and feelings?

- a) _____ our defense makes a goal line stand _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____

7.0 The Mental-Emotional Being

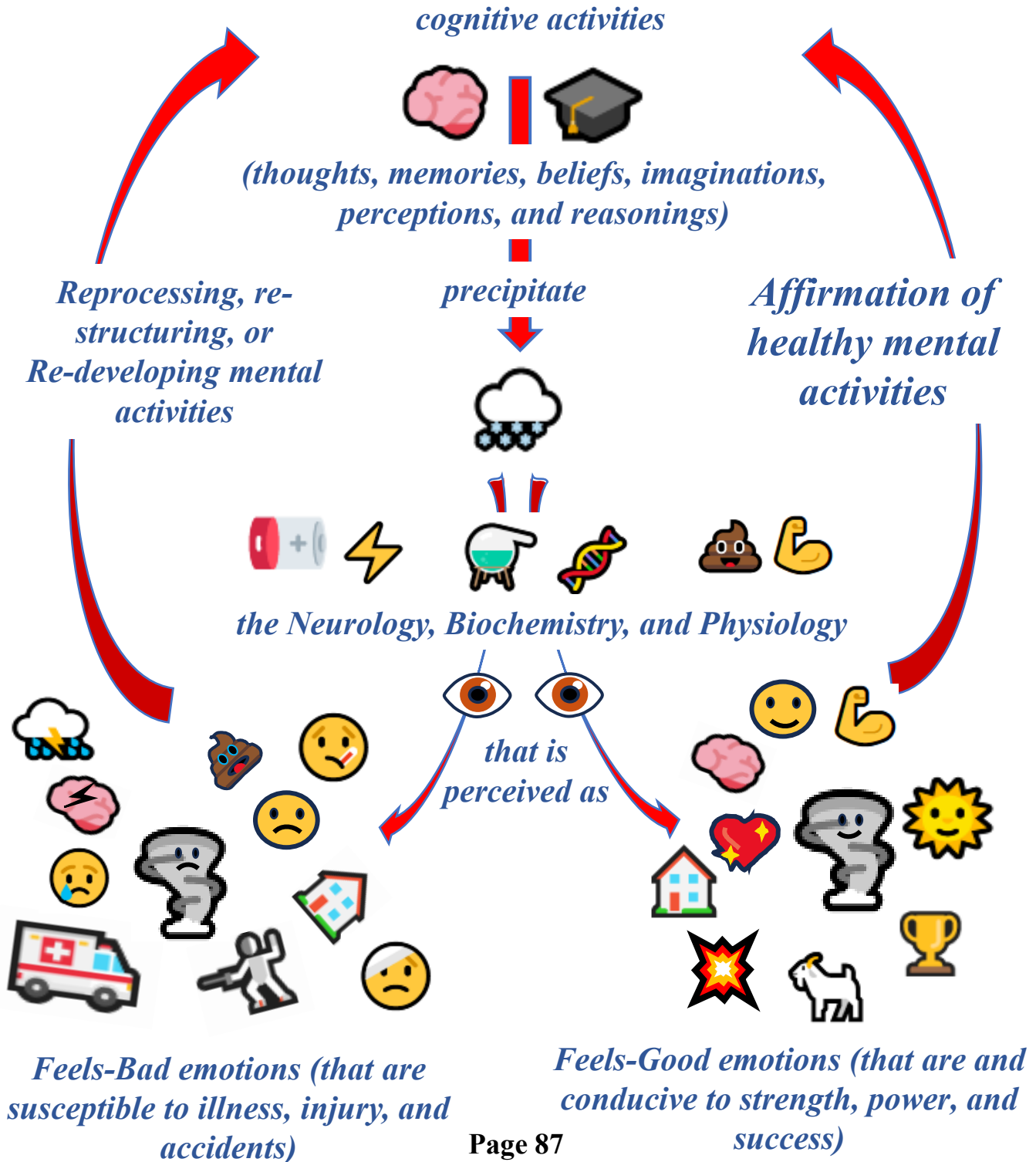


vortex of disempowering, unhealthy, and bad-feeling mental activities

Discipline, Work, Strength, & Conditioning

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

7.7 Cognition-Emotional Re-Processing (cont.)

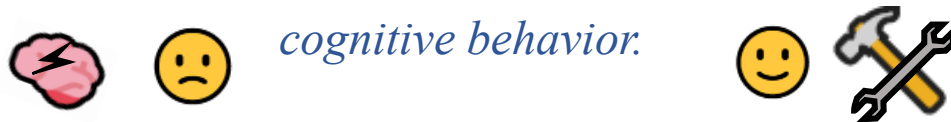


The objective of formal psychological and pharmaceutical therapy is to re-establish and re-develop an athlete's cognitive-emotional re-processing skills, tools, and understandings.

7.0 The Mental-Emotional Being



Cognitive-Emotional Re-Processing is the athlete's evolved and natural operate conditioning mechanism to guide



Emotions have evolved to guide the re-processing of disempowering, unhealthy, and bad-feeling cognitive activities into empowering, healthy, and good-feeling cognitive activities.



Every moment of the day is a segment of time and an opportunity to re-process emotionally bad-feeling cognitive activities into emotionally good-feeling cognitions that signify health, well-being, and successful decision-making prowess (and their actualization).

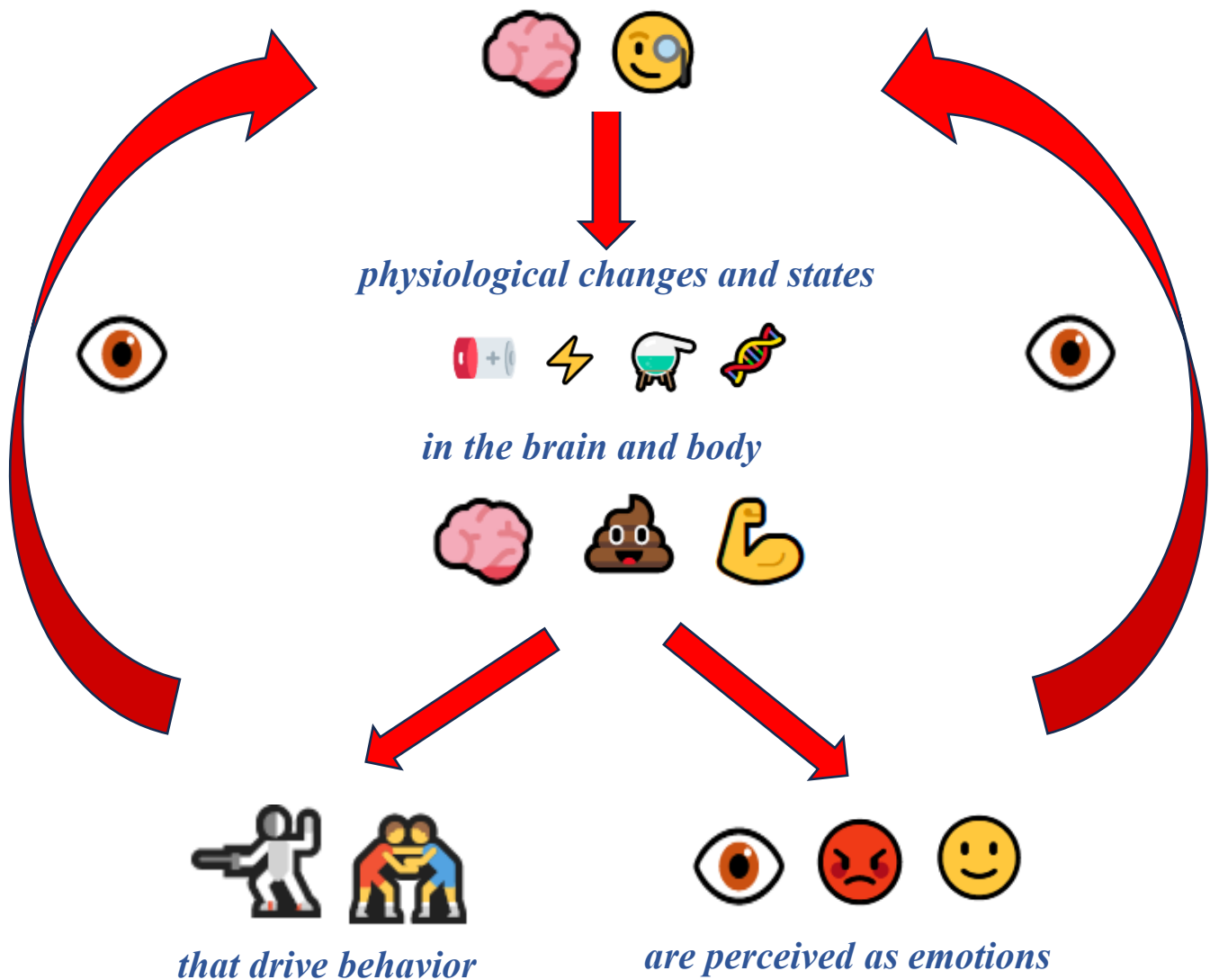


7.0 The Mental-Emotional Being



7.8 Cognitive-Emotional Re-Processing (Review)

*Cognitive activities of the mind precipitate
(Thoughts, memories, imaginations, perceptions, and reasoning.)*



- 1) *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.*

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.8 Cognitive-Emotional Re-Processing (Review)

(fill in the blanks)

Self-Empowerment During Practice or Game

1) Realize the emotional negative place of *what you do not want*: What went wrong? (Utilizing the power of negative emotions to identify and clarify that which you do want.)

a) _____

b) _____

2) Re-establish your intent and expectation

What do you want to happen (that means success)? (Understand and know your power of positive good-feeling emotions evolved correlation with a strong, robust, and powerful physiology.)

During Practice: _____

During Pregame (match/meet/race): _____

During game (match/meet/race): _____

3) Your better feeling place of power:

a) Dwell and focus on what you want to happen!

Yes ___ No ___

b) Feel good (because you are focusing on what you want!)

Yes ___ No ___

7.0 The Mental-Emotional Being

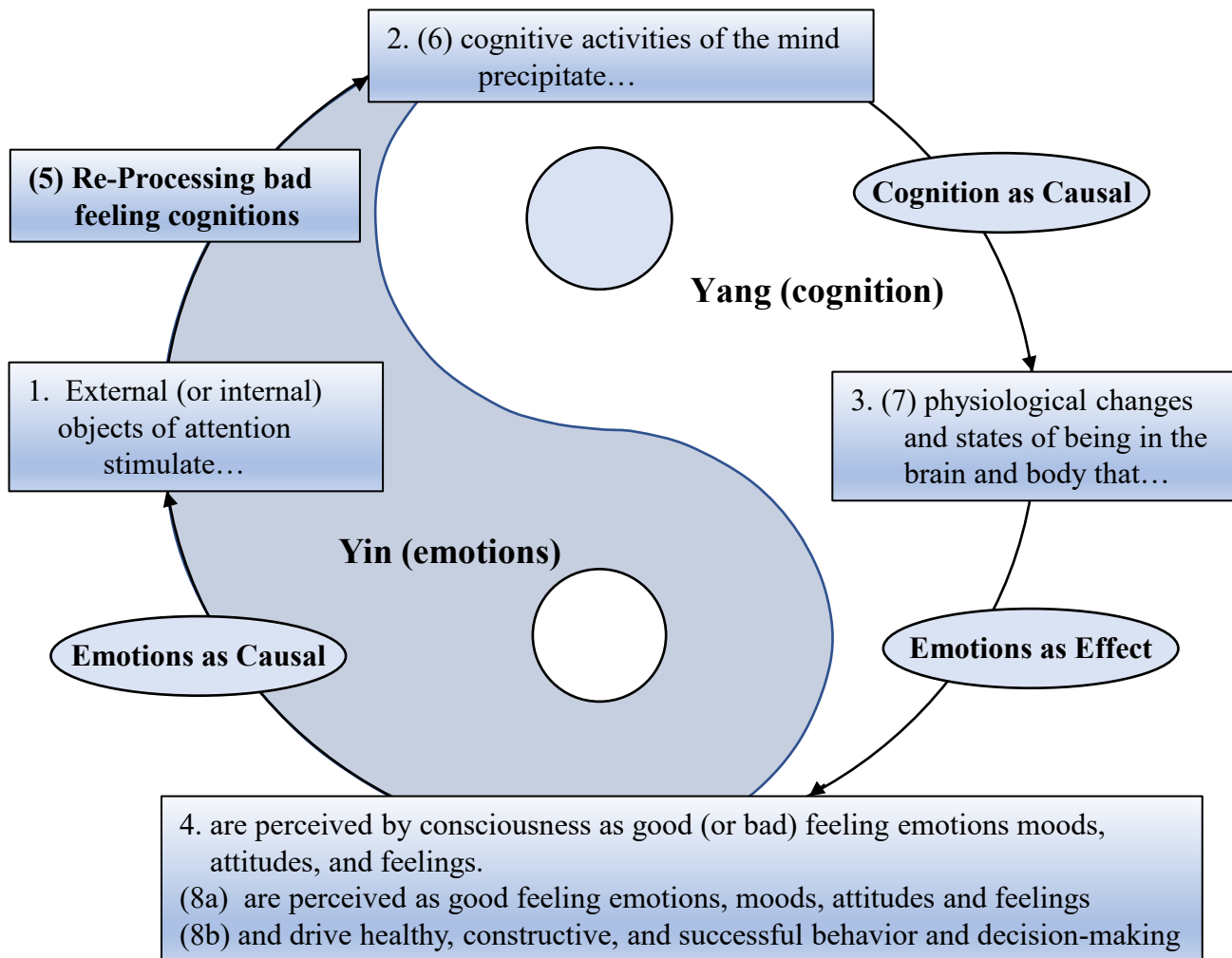


*vortex of disempowering,
unhealthy, and bad-feeling
mental activities*

**Discipline, Work,
Strength, & Conditioning**

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

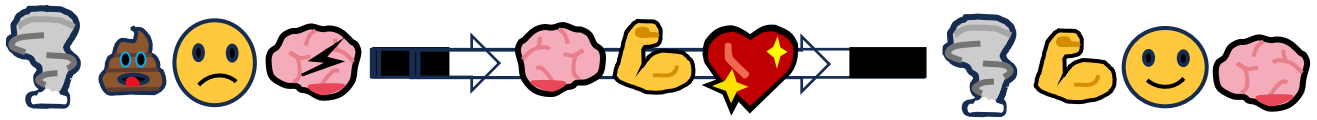
7.9 Cultivated (Closed-Loop) Cognitive-Emotional Re-Processing Flow Chart



1) *The Power of Negative thinking*

Dwelling upon that which you do not want, desire, and intend is used as a springboard towards clarifying, defining, and understanding exactly what you do want, desire, and intend.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

(fill in the blanks)

7.10 Self-Empowerment During Practice or Game

1) Realize the emotional negative place of *what you do not want*: What went wrong? (Utilizing the power of negative emotions to identify and clarify that which you do want.)

a. _____

b. _____

2) Re-establish your intent and expectation

What do you want to happen (that means success)? (Understand and know your power of positive good-feeling emotions evolved correlation with a strong, robust, and powerful physiology.)

During Practice: _____

During Pregame (match/meet/race): _____

During game (match/meet/race): _____

3) Your better feeling place of power:

a. Dwell and focus on what you want to happen!

b. Feel good (because you are focusing on what you want!)

c. Let your teammates and coaches re-energize you!

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place!

Intent is to purposely distract the mind and get off a bad-feeling subject and into a better-feeling place of power. And athlete must always question, “Is there a valid reason to go into an emotionally bad-feeling subject?” If so, see Step 2.

- 1) Learn to “stop”, at the edge before you fall in. Don’t go there: change the subject***
- 2) “Hop-skip-jump”:* focus on breathing, where and what you feel inside, and look around all at the same time**
- 3) Deliberate focused breathing: 4-4 timing (4in-4out); 4-2-4 timing (4in- hold2-4out); 2-4 timing (2in-4out); experiment and see what works.***
- 4) Do something passionate.... for yourself.... that excites, delights, and ignites.***
- 5) Go for a run, exercise, wear yourself out***
- 6) Song and Laughter***
 - a. Listen to music, watch videos,***
 - b. get a laugh, sing a song.***

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

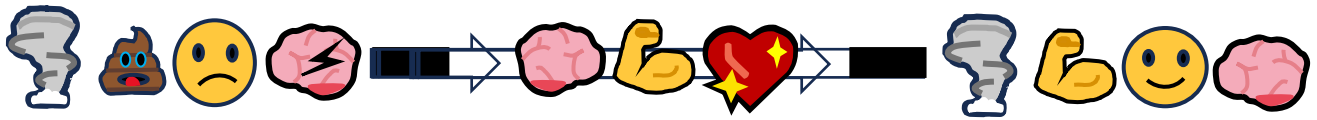
7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place! (cont.)

Intent is to purposely distract the mind and get off a bad-feeling subject and into a better-feeling place of power. And athlete must always question, “Is there a valid reason to go into an emotionally bad-feeling subject?” If so, see Step 2.

- 7) Go some place comforting, exciting, or peaceful, etc.***
- 8) Go on a rampages of appreciation. Or just look around and appreciate...***
- 9) Acts of Kindness; Do something nice for a friend; Pet a cat (dog, rabbit..); ?***
- 10) Get busy with your hobby(s) or some extra-curricular activity***
- 11) Do some creative writing, keep a journal... but don't wallow in the mud.***
- 12) Dwell within, meditate within, a (your) feeling-good Higher Power***
- 13) ?????***

Note: The “Black Dog Institute” in Australia uses student “anxiety” in primary schools as an indicator of potential future mental health issues. That is, if a student doesn't have the skills to move out of “anxiety” now....

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place! (cont.)

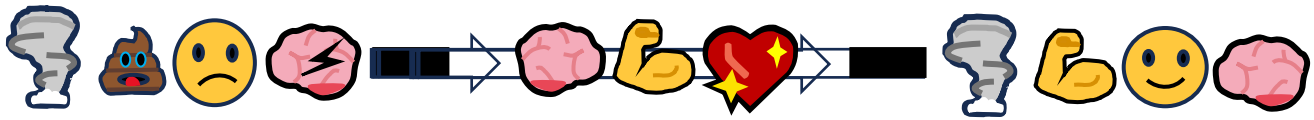
Cognitive-Emotional Distracting Exercises

Your work is to distract your mind away from “the problems” and get into a good-feeling place of power and re-energize yourself for your next practice or game. Fill in the blanks with potential possibilities for yourself or N/A (not applicable).

1) Do something fun:

- a) go to a movie: _____
- b) watch a video: _____
- c) play a video game: _____
- d) listen to music: _____
 - i. music I like: _____
 - ii. music I like: _____
- e) go for a walk/run: _____
- f) Places to run: _____
- g) go and exercise: _____
- h) go out to dinner: _____
 - i. restaurants I like: _____
 - ii. be careful to avoid addictive comfort eating
- i) go out to the bars: _____
 - i. be careful to avoid addictive comfort drinking

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place! (cont.)

2) Meditation and Mindfulness

The purpose of meditation and mindfulness is to quiet the mind (with acceptance and without judgement) and stop the negative and disempowering chatter of the mind that keeps your focus and vortex of energy on that which is **NOT** wanted, desired, nor intended. Strive to be nonjudgmental and to accept what is (with the absence of want, desire, and intent) to obtain a good feeling place.

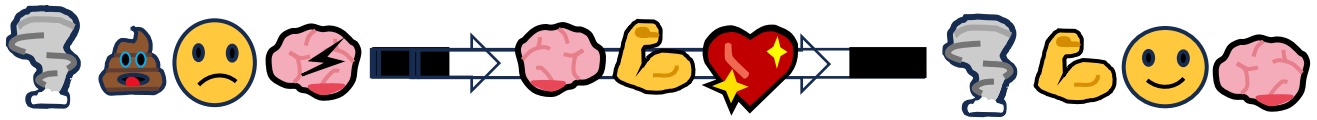
- a) let thoughts and emotions pass like clouds across the sky
- b) Focus on: breathing, a candle flame, music, or _____
- c) Dwell silently within moving meditations such as tai-chi, yoga, running, biking, lifting weights, or _____

Note: There are many types of meditation practices and plenty of people, books, and videos to guide you.

3) Appreciation (dwell and focus upon the good feeling aspects of)

- a) Family (name some “family” and what you like to do with them.)
 - i) _____
 - ii) _____
 - iii) _____
- b) Friends (name some friends and what you like to do with them.)
 - i) (talk with your friends) _____
 - ii) _____
 - iii) _____

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place! (cont.)

5) Hobbies and Extra-Curricular Activities

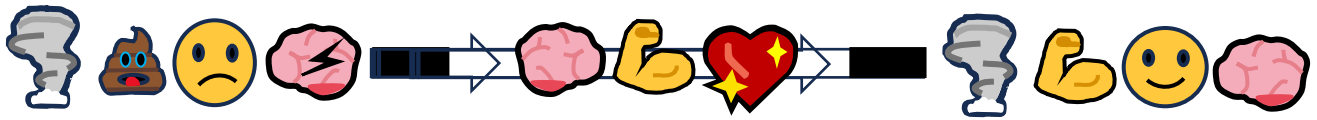
- a) _____
- b) _____
- c) _____

6) Go Places

- a) Home:
 - i. Food on the table _____
 - ii. Place to sleep at night _____
 - iii. _____
- b) Camp Randal Stadium
 - i. _____
- c) Parks, Rivers, Mountains:
 - i. _____
- d) _____

We no longer live in a world of conflict between mind and emotions, but in a world of cognitive-emotional cooperation where cognitive re-processing activities are guided by emotional awareness.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place! (cont.)

7) Creative writing

- writing memoirs _____
- journal writing _____
- _____

8) Music and the Arts

- play an instrument _____
- theater _____
- painting _____
- pottery _____
- _____
- _____

9) Religion

- Seek out the strength of your church, synagogue, mosque, temple, or other place of worship
- Mantras: Short, empowering, sound or saying repeated to self
- Prayer, song, worship, ritual, faith
- _____
- _____

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.11 Step 1: Healthy Mental-Emotional Distracting Exercises – Get into a better feeling place! (cont.)

10) Touchstones

- a) Places, people, events to bring you back to a feeling-good place
- b) _____
- c) _____

11) “I am” Statements of Empowerment (Self-Talk)

(statements of, or about, oneself)

- a) I am strong, I am quick, I am smart, I am healthy _____
- b) _____
- c) _____

12) Professional Therapy, Counseling, and Healing

(Unable to re-focus on that which is wanted.)

- a) Seek professional help to become self-sufficient in re-focusing away from your emotionally negative, bad-feeling thoughts and cognitive activities and onto positive, good-feeling thoughts and cognitive activities. Note: prescribed medications should only be used if absolutely necessary as a temporary crutch while an athlete develops their own powers of cognitive-emotional re-processing.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.12 Step 2: Mental-Emotional Re-Processing Exercises

Intent is to turn pain into gain . A director's, athlete's, and coaches' natural and evolved cognitive-emotional re-processing mechanisms are used to re-structure and to re-format their cognitive activities (thoughts, memories, imaginations, perceptions, and reasoning) towards emotionally good-feeling health, well-being, and effective and successful decision-making prowess and ability.

1) Warm-Ups: distractions to get into a better feeling place):

1) Get into a positive good-feeling place before tackling your emotional land mines. "You can't get there from here."

1) Cognitive-emotional distracting activities

2) Realize that your own cognitive behaviors are causal to how you feel. (Cognition precipitates the physiology perceived as emotions.)

3) Work from general overall desires to more specific.

1) Spiral from the outside general outside into the more specific center.

2) Find the good-feeling place of what is working.

3) What are some "things" that are working for you?

1) _____

2) _____

3) _____

4) Remember your goal is to get into and dwell within the good-feeling place of success.

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.12 Step 2: Mental-Emotional Re-Processing Exercises (cont.)

Intent is to turn pain into gain by re-processing, re-structuring, or re-developing emotionally negative, unhealthy, and bad-feeling mental activities into a positive, healthy, and good-feeling mental activities.

Cognitive-Behavior Re-Processing Skills and Techniques

- 1) *Find a better feeling thought (and other cognitive activities).*
- 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. (I learned from this defeat.)*
- 4) *Modify beliefs: reason out a better feeling idea, concept, or belief that expands, excites, and ignites.*
- 5) *Attitude of Gratitude for Lessons Learned: From this failure, I learned how to be better and will succeed next time.*
- 6) *Appreciate the moment: Can “feels-good” be found here?*

7.0 The Mental-Emotional Being



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

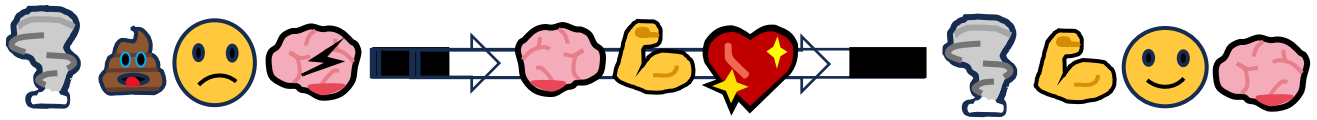
***Discipline, Work,
Strength, & Conditioning***

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

7.12 Step 2: Mental-Emotional Re-Processing Exercises (cont.)

- 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***
 - 1) ***Intent sets calibrates the emotional guidance on what feels-good and what feels-bad.***
 - 2) ***If climbing Mt. Everest, I want an ice-axe (feels-good), not a claw hammer (feels-bad).***
 - 3) ***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.***
- 9) ***Meditate and contemplate: quiet the mind for inspiration and guidance.***
- 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***

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.12 Step 2: Mental-Emotional Re-Processing Exercises (cont.)

- 1) Find a better feeling thought (and other cognitive activities).

“idea” _____ ”better idea ” _____

“idea” _____ better idea ” _____

(do something just for yourself, everyday, that will get yourself into a better feeling place. Or maybe, it is just a “less-bad” feeling place. Eventually “less bad” will change to a “good-feeling”.

- 2) Re-state and re-focus from an “unwanted” to a “wanted” desire and intended outcome.

“unwanted” _____ ”wanted” _____

“unwanted” _____ ”wanted” _____

- 3) Re-framing: make lemonade out of lemons. (I learned from this defeat.)

“lemons” _____ ”lemonade” _____

“lemons” _____ ”lemonade” _____

- 4) Modify beliefs: reason out a better feeling idea, concept, or belief that “expands, excites, and ignites”

“belief” _____ ”exciting belief ” _____

“belief” _____ ”exciting belief ” _____

- 5) Develop an “attitude of gratitude” for lessons learned.

“failure” _____

“lesson” _____

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.12 Step 2: Mental-Emotional Re-Processing Exercises (cont.)

- 6) Appreciate the moment: Look around, beyond, the horizon:
“find something good” _____
“find something good” _____
- 7) Use religious and secular teachings of compassion, love, and forgiveness. What/who can I “forgive” to get into a better place?
“forgive” _____
“forgive” _____
- 8) Re-evaluate wants, and desires: re-establish or re-think intent/intentions:
- Intent sets calibrates the emotional guidance on what feels-good and what feels-bad.
 - If climbing Mt. Everest, I want an ice-axe (feels-good), not a claw hammer (feels-bad).
 - 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.
“intent” _____ ”new intention” _____
“intent” _____ ”new intention” _____
- 9) Meditate and contemplate: quiet the mind for inspiration
quiet mind? _____ YES _____ NO
“inspiration” _____
“inspiration” _____

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.12 Step 2: Mental-Emotional Re-Processing Exercises (cont.)

- 10) Re-asses inherited personal, institutional and religious beliefs and logic
“inherited belief” _____
“re-assessed belief” _____

- 11) Use religious and secular teachings of compassion, love, and forgiveness. What/who can I “forgive” to get into a better place?
“forgiveness” _____

- 12) Learn to “STOP”; don’t start down the negative, bad-feeling rabbit hole.
“rabbit hole” _____
“rabbit hole” _____

- 13) Use the “not wanted” to define what “is wanted”
”what I don’t want” _____
“what I do want” _____

- 14) Is it time to see professional help? _____

Bad-feeling emotions, moods, attitudes, and feelings lead to an un-healthy and imbalanced physiology susceptible to poor decision-making, illness, mistakes, injury, and worse. Is it time to seek professional help? (Of personal note, any pharmaceutical therapy must include cognitive-emotional behavior modification therapy. Don’t be told otherwise.)

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.13 Step 3: Precautions



1) Choose your “battles”

- a. Don't get caught up in a never-ending vortex of blame.
- b. Choose your “battles” and “wars”.
- c. When on this path, doing what you are doing, and the “good-feeling place of success” is never attained, it is time to step-back and re-evaluate your current intentions.

1) Maybe you are not on the right path.

2) When you “make a decision” or “call a play” MAKE IT the “right decision”; LET IT BE the “right decision”.

- a. Make it real (your decision).
- b. Don't second guess your-self
- c. Stay out of “what if it is wrong”, “what I made a mistake”
- d. Play it out and you will find success (or not).
- e. Keep in the good-feeling place and vortex of success that will draw together the people, places, and events to actualize that successful decision.

7.0 The Mental-Emotional Being

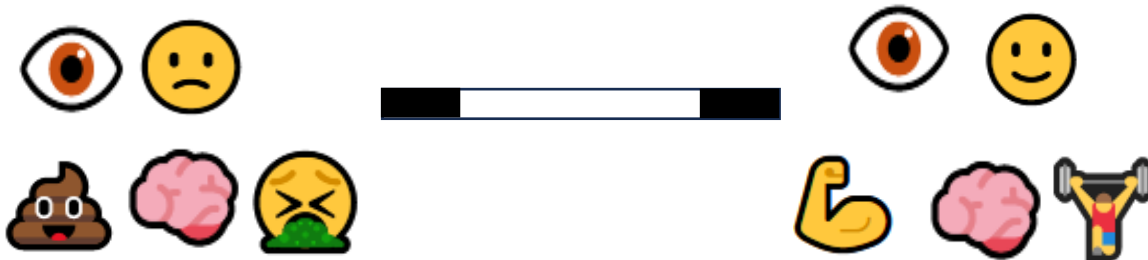


7.13 Step 3: Precautions (cont.)



3) *Be passionate about being passionate,*

- a. *that is, about feeling good, and being in a place of health, well-being, and successful decision-making prowess. That is, attain and maintain a state of being that supports success in competition and in a life outside of sports.*



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

- a. *Bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with an un-healthy physiology of weakness, lethargy, clumsiness, ineptness, and an ineffective decision-making capacity.*
- b. *Good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with a healthy physiology of strength, power, speed, agility, and cunning and an effective and successful decision-making prowess.*

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.13 Step 3: Precautions (cont.)

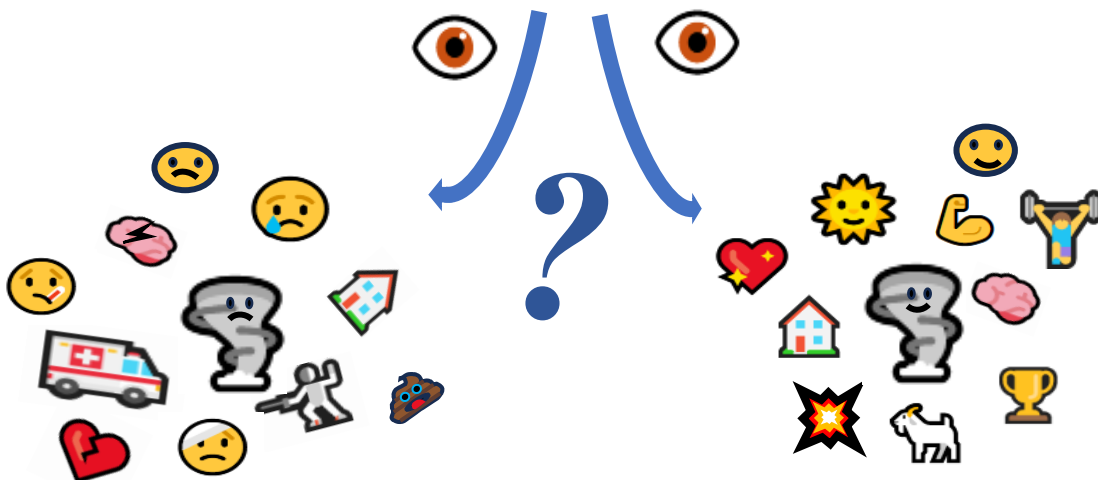


6) *Re-focus from “unwanted” to the “wanted” desire and intended outcome*

- a. *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*

- b. *Coach K of Duke, with a healthy 15-point lead, would see the energy shifting with one opponent's basket and call an immediate time out to refocus his team. A time out spent here could save a 10-15pt*

What vortex are you and your team headed?



Vortex of “not wanted”

Vortex of “wanted”

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.13 Step 3: Precautions (cont.)



5) *Good and Bad-Feeling Emotions, Moods, Attitudes, and Feelings*

a. are about internal physiological health

***i. Feeling-Good is about one's own healthy physiology
conducive to strength, power, and success***

***ii. Feeling-Bad is about one's own un-healthy physiology
susceptible to illness, injury, and accidents***

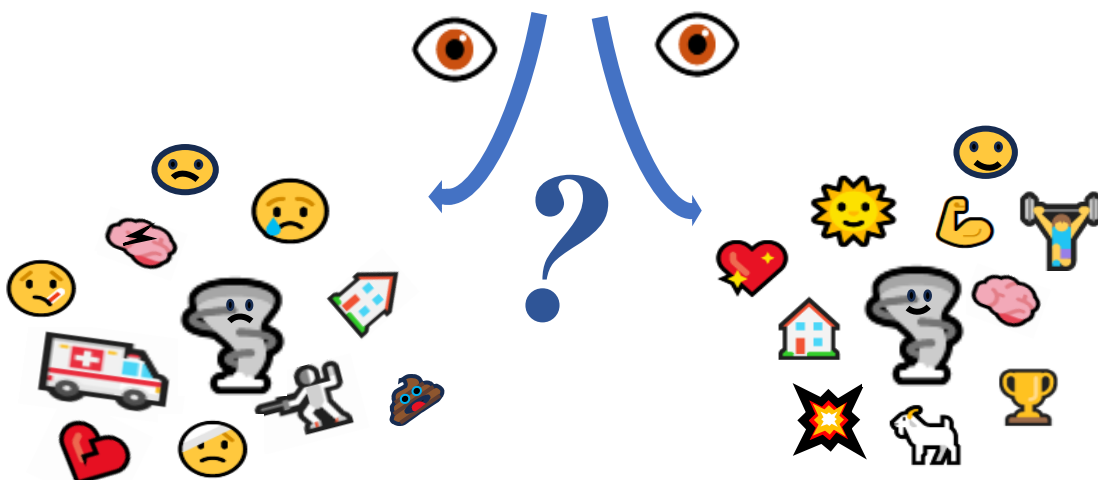
b. when about judgement and evaluation of an external world

***i. Feeling-Good is about one's own healthy physiology
conducive to strength, power, and success***

***ii. Feeling-Bad is about one's own un-healthy physiology
susceptible to illness, injury, and accidents***

c. What vortex are you and your team headed?

a. Vortex of "not wanted" b. Vortex of "wanted"



not wanted, desired, nor intended

wanted, desired, and intended

7.0 The Mental-Emotional Being



7.13 Step 3: Precautions (cont.)



5) *Emotional sales and marketing techniques have become very sophisticated and devious to “encourage” buying.*

a. Purposeful confusion and mis-direction

- i. feeling good (or bad) meaning and significance is about one’s own internal physiological health.**
- ii. And NOT a judgement of external “product” or “situation” as being**

- a. Inherently bad, wrong, unwelcome**
- b. Inherently good, right, welcome**

b. Medications can also induce confusion and misunderstanding of

- i. One’s own feeling-good**
- ii. One’s own feeling-bad**

c. A lifetime of “emotional control” and “subversive marketing” can sabotage, ruin, and damage one’s own natural “instinct” and “intuition” abilities that are dependent on emotional clarity, connection, and wisdom.

d. Buyer Beware! Some lessons can only be learned with experience, both fortunate and unfortunate.

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.14 Dangers, Hazards, and Liabilities of Ignoring

Our Cognitive-Emotional Re-processing Dynamics

Cognitive-behavior modification therapies work because cognition changes the neurological and biochemical physiology in the brain and body that is then perceived as emotions. To ignore these dynamics has serious consequences:

1) Weakness, ill-health, lack of well-being, and ineffective and erroneous decision-making capacity and being prone to injury.

To ignore bad-feeling emotions, moods, attitudes and feelings is to ignore a weakening of a healthy physiology that has an evolved correlation with health, well-being, and effective and successful decision-making.

2) Unrecognized defense against illness, infection, and disease

Because cognitive-emotional re-processing dynamics is about changing an athlete's physiology towards a healthier biochemical and neurological composition, if this process is not used then the athlete is limiting their physiological make-up to a weakened state of being that has less resistance to prevent and to fight of illness, infection, and disease.

3) Mis-diagnosis and treatment of basic cognitive dysfunction as “emotional dysfunction and disorder.” (Burnt-hand disorder.)

The physiology of depression and other “emotional disorders” are the natural evolved state of being when emotionally negative, bad-feeling ***cognitive activities*** are ignored by being “mentally tough” or camouflaged with drugs and other medications. (Note: always follow medical advice.)

7.0 The Mental-Emotional Being



4) Biased and skewed cognitive, emotional, and physiological research.

When a study does not account for humanity's natural and evolved cognitive-emotional reprocessing and operant conditioning mechanisms that promote a healthy and good-feeling physiology, then cognitive, emotional, and physiological studies will be biased and skewed.

5) Camouflaged aberrant cognitive behaviors

Aberrant and dangerous cognitive activities that are normally exposed by emotional behaviors are not "recognized" as destructive because the natural and evolved emotional feedback system has been disrupted with psychological and pharmaceutical therapies to control emotional behavior.

6) Misguided "feels-good-is-good" morality.

Without a proper cognitive-emotional health education curriculum, a student may be left with the impression that because feeling good means a healthier physiology, then "my" morality should be what "feels-good-is-good".... and what "feels-bad-is-bad".... right? Unfortunately, this ideology dismisses the inter-connectedness of not only other people in a society, but the interconnectedness of everything on the planet that is needed for everyone's survival, health, and well-being.

7.0 The Mental-Emotional Being



7) Criminal “justice” is not just when based on faulty “emotionally driven behavior” language and literary linguistic dynamics.

If the logic and reasoning for the understanding and application existing criminal justice is faulty, how can such “justice” be “just”? The foundation of our criminal justice is based on an erroneous linguistics of emotionally driven behavior first inscribed nearly 3000 years ago in Homer’s “*Iliad*” when concepts of evolution and biochemical, neurological, and physiological understandings of human behavior were non-existent. The effects of current criminal justice practices on our natural and evolved cognitive-emotional dynamics must be understood and accounted for within any laws and consequences outlined in those laws. Justice based on falsehood is itself false and unjust.

8) Suicide, depression, psychotic mania, mass-shootings, human degradation, war.

Humanity’s natural and evolved cognitive-emotional re-processing mechanisms exist as such to lead a person towards health, well-being, and effective and successful decision-making prowess and ability. When bad-feeling emotions, moods, attitudes, and feelings are NOT attributed to aberrant and dangerous COGNITIVE behaviors, cognitive activities of the mind such as thoughts, memories, and logic can all too easily be allowed to fester and explode into a uncontrolled psychotic disaster.

The natural action within cognitive-emotional re-processing is to pivot out of the negative behaviors associated with depression, anger, jealousy, and revenge whereas within emotional dysfunction theory these emotions must be controlled, regulated, and managed, even with pharmaceuticals when all along the issue is cognitive dysfunction. and behavior.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.15 Causes of Cognitive-Emotional Dynamics Ignorance

Humanity's evolved cognitive-emotional re-processing dynamic mechanism empowers individuals towards independence, freedom, health, well-being, and success, all of which would deny ruling authorities of their power and control over their audience.

1) **No-Pain, No-Gain Doesn't work with Emotional Pain**

Athletes are well versed with the ideology that to get physically stronger, they must push tolerate a little discomfort. But ignoring the pain of a stress fracture or internal problem can lead to devastating consequences. Unfortunately, ignoring emotional pain has much less room for error. Like frost bite can quickly deaden any painful feedback warning signs of irreversible organic destruction, emotional pain can be too easily tolerated and ignored.

2) **Cultural and peer pressure to "be tough"**

A patriarch culture of "be a man", don't be so "weak" and "tough it out" can be part of a child's up-bringing and life at home. With this cultural pressure, a person will start ignoring the significance of bad-feeling emotions have on the brain and body's physiology. And any deteriorating physical signs, instead of cognitive-emotional dysfunction as being understood as cause, they are attributed to some physical cause.

3) **Assumptions made in psychology's emotional dysfunction theory.**

Well proven and extensively researched cognitive behavior modification therapies make an unproven assumption that emotions change the physiology that drives behavior. If this were so, we would have emotions changing physiology that is perceived as emotions, That is, emotions are both cause and effect of the same event (changes in physiology). This reasoning is illogical and not allowed in rational reasoning.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.15 Causes of Cognitive-Emotional Dynamics Ignorance (cont.)

4) How emotions are used in language and literature

The very first sentence in Homer's *Iliad* has the emotion "anger" (sometimes translated as "wrath") as the cause of Achilles behavior on the Greeks. This was written nearly 3000 years ago, and emotionally driven behavior has been the structure of language and literature ever since. But cognition, not emotion, precipitates the changes in physiology that drives behavior.

Emotions have evolved to guide the cognitive-emotional re-processing activities of the mind (such as thoughts, memories, imaginations, perceptions, and logic) towards health, well-being, and success. This depiction of humanity's cognitive-emotional dynamics is rarely portrayed in our language and literacy arts.

"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).

5) Psychological and Pharmaceutical therapies controlling emotional behavior

Because psychology has adopted language and literary representation that emotions drive behavior, their therapies is based on control, management, and regulation of emotional behavior. But cognition, not emotion, precipitates the changes and states of physiology in the brain and body. Controlling emotional behavior runs contrary to emotions evolutionary role to guide conative behavior towards health, well-being, and effective and successful decision-making prowess.

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

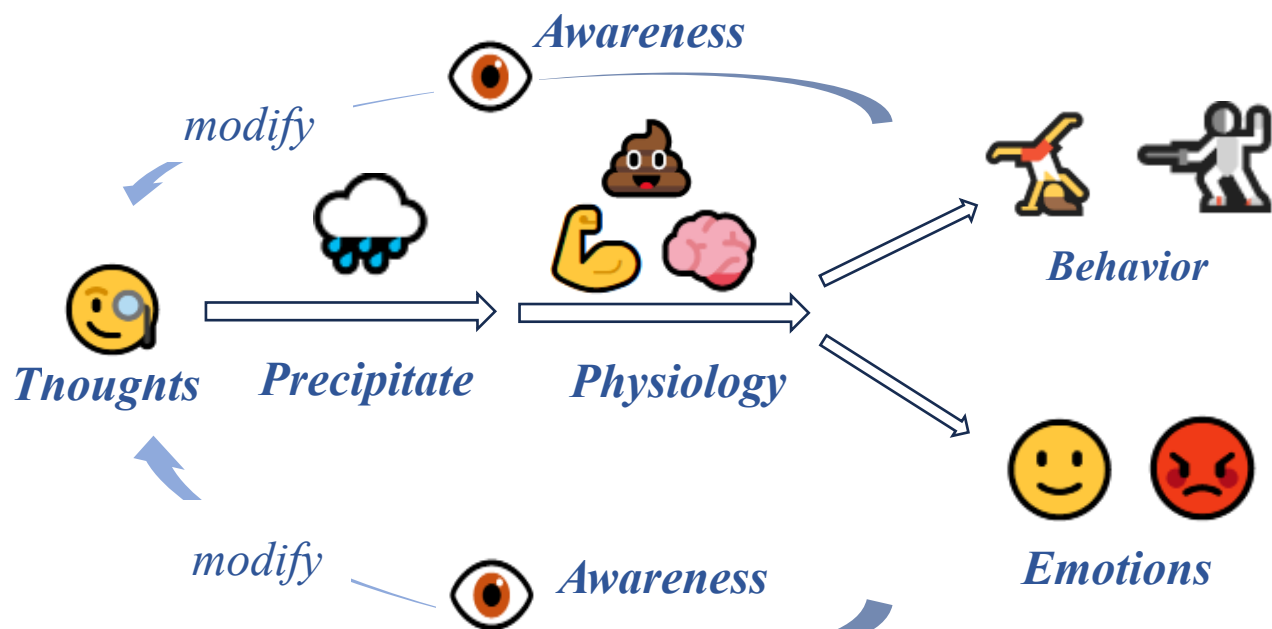
*vortex of empowering,
healthy, and good-feeling
mental activities*

7.15 Causes of Cognitive-Emotional Dynamics Ignorance (cont.)

6) Cognitive-Emotional Evolutionary Dynamics

A character is driven in a book, movie, opera, play, song, or video by highly orchestrated changes and states of physiology of the brain and body precipitated by cognitive activities of the mind. And therefore, cognition, not emotion, must be controlled, regulated, and managed, (even with the use of pharmaceuticals).

Emotional control, management, and regulation, especially with pharmaceuticals, sabotages emotion's evolutionary role to guide cognitive activities towards health, well-being, and successful decision-making prowess and ability.



7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.15 Causes of Cognitive-Emotional Dynamics Ignorance (cont.)

7) Mindfulness and Mediation

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.

“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/>).

The concept of “*acceptance and without judgment*” runs contrary to humanity’s natural and evolved cognitive-emotional dynamics. Cognitive activities of the mind (such as thoughts, memories, imaginations, perceptions, reasoning, and logic are ***SUPPOSED TO BE EVALUATED AND JUDGED!***

Positive, good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with ***HEALTH, WELL-BEING, AND SUCCESSFUL DECISION-MAKING PROWESS AND ABILITY.***

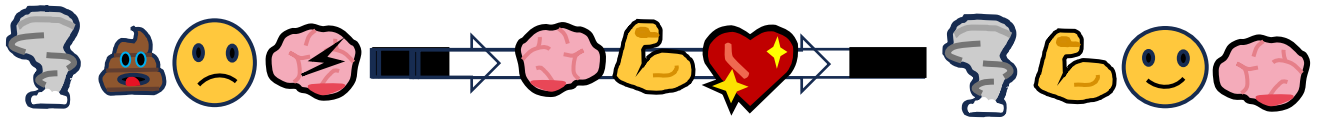
Negative, bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with the ***NEGATION OF*** health, well-being, and successful decision-making.

Negative and positive feeling emotions ***MEAN SOMETHING!***

*Dwelling upon that which you **DO** want, desire, and intend generates positive, good-feeling emotions, moods, attitudes, and feelings from a healthy and powerful physiology that supports effective and successful decision-making prowess, behavior, and their actualization.*



7.0 The Mental-Emotional Being

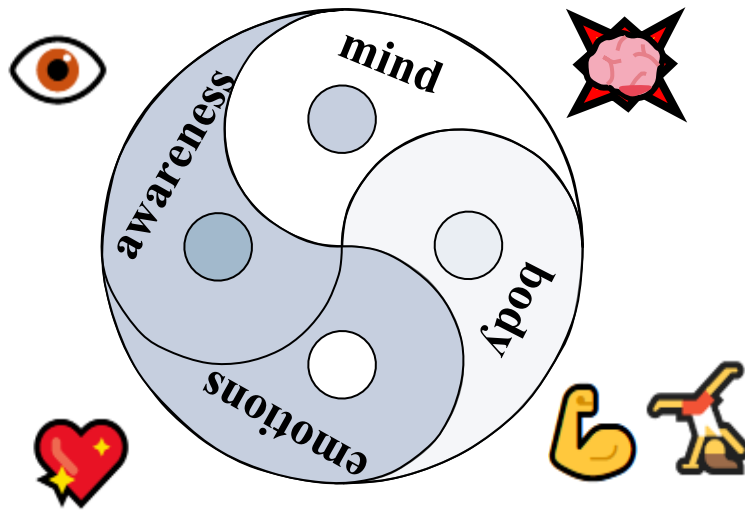


*vortex of disempowering,
unhealthy, and bad-feeling
mental activities*

**Discipline, Work,
Strength, & Conditioning**

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

7.16 Strength and Conditioning Review



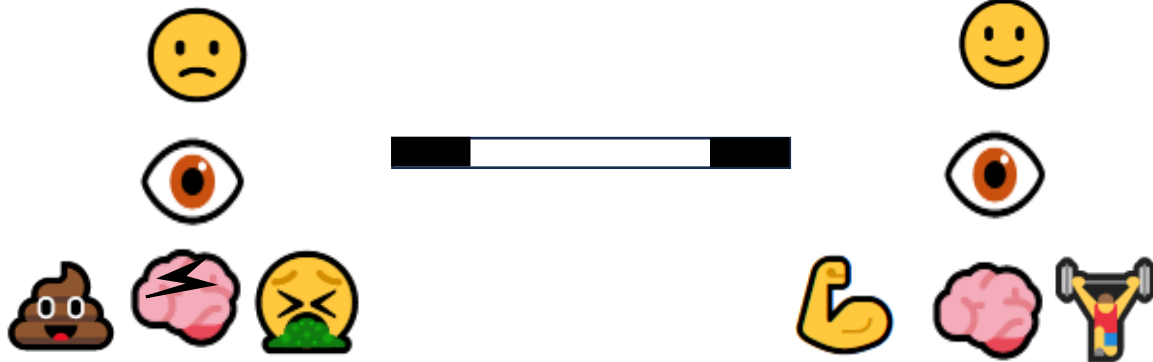
The Symbiotic Synergy Between Mind, Body, Emotions, and Awareness

*Mind, body, emotions, and awareness are not separate,
individual, and conflicting entities. They are an intertwined
web that has evolved to work in synergistic harmony towards
health, well-being, and successful decision-making prowess,
ability (and their actualization).*

7.0 The Mental-Emotional Being



7.16 Strength and Conditioning Review



Bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with an un-healthy physiology of weakness, lethargy, clumsiness, ineptness, and an ineffective decision-making capacity.

Good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with a healthy physiology of strength, power, speed, agility, and cunning and an effective and successful decision-making prowess.

Cognitive-emotional reprocessing skills training is a necessary aspect of pharmaceutical therapies and prescriptions.

7.0 The Mental-Emotional Being

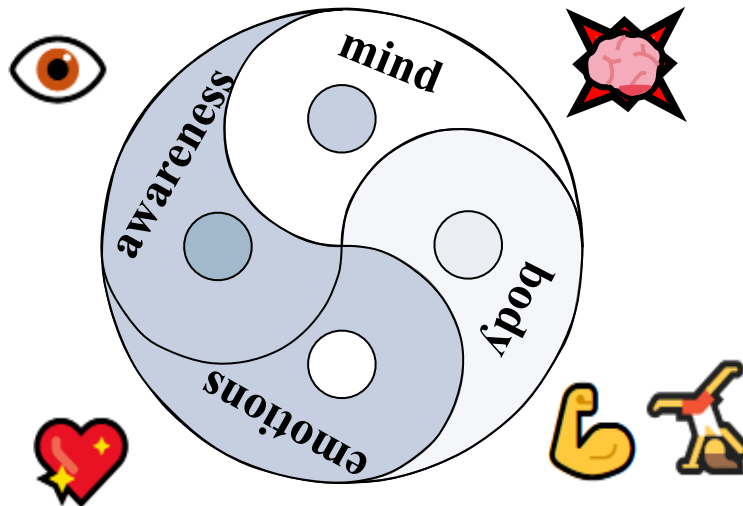


vortex of disempowering, unhealthy, and bad-feeling mental activities

Discipline, Work, Strength, & Conditioning

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

7.16 Strength and Conditioning Review



The Symbiotic Synergy Between Mind, Body, Emotions, and Awareness

The symbiotic synergy between mind, body, emotions, and awareness is the foundation of today's successful, well researched evidenced based cognitive-behavior modification therapies.



Cognitive-behavior modification therapies work because the mind precipitates the neurological, biochemical and physiological changes and states of being in the brain and body that drives behavior and is perceived as emotions.

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.16 Strength and Conditioning Review



How do we define success?



The success of any athletic training cannot be defined solely by the athlete's ability to win today; success must also 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 nurture these winning behaviors throughout life).



University of Wisconsin Head Football Coach Luke Fickell could very well have been a World and Olympic Champion wrestler but choose football for its camaraderie.

7.0 The Mental-Emotional Being



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

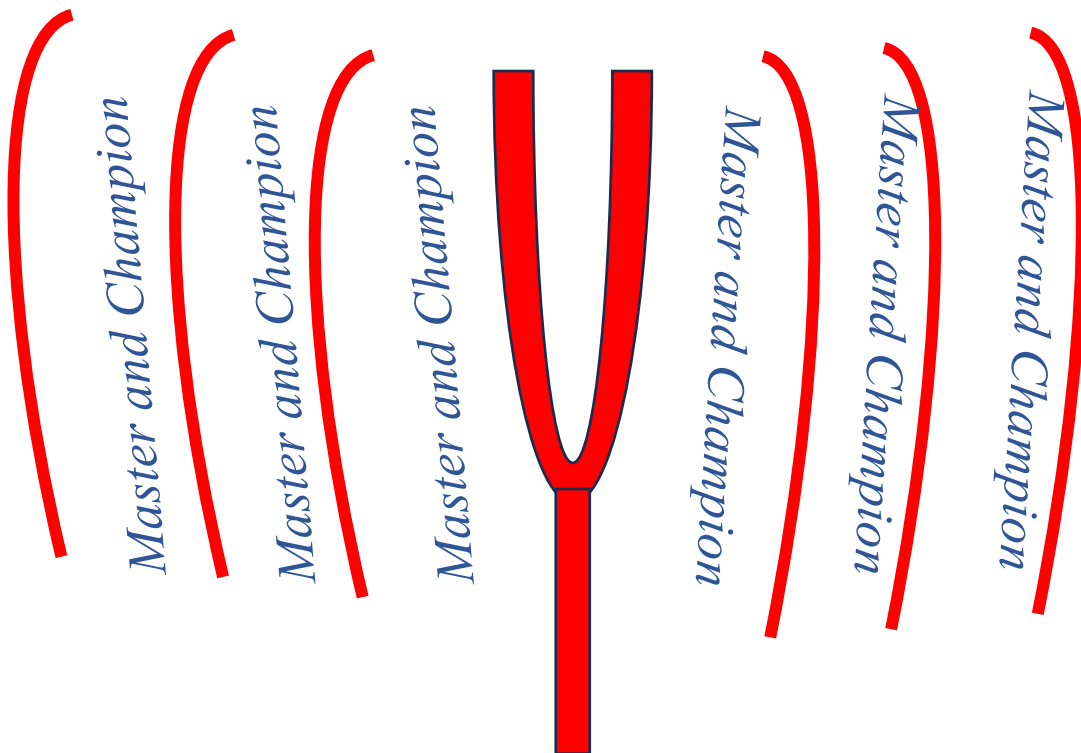
**Discipline, Work,
Strength, & Conditioning**

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

7.16 Strength and Conditioning Review



An athlete who fails to resolve the emotional dissonance brought on by the conflicts within their mind will never find the internal peace and harmony needed to move beyond the world of objects and the confines of a physical universe of time, space, and linear cause and effect to reach the power that exists within and become the master and champion they so desire to be.



Success is a State of Being

Be It!

7.0 The Mental-Emotional Being



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

***Discipline, Work,
Strength, & Conditioning***

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

7.16 Strength and Conditioning Review



This is not about “mental toughness” or being “mentally strong” where an athlete is told to “tough it out”!

*Symbiotic psychology is about mental discipline and an athlete using their emotions to guide their own mind towards a **better feeling place of power, strength, speed, and agility.***

7.0 The Mental-Emotional Being



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

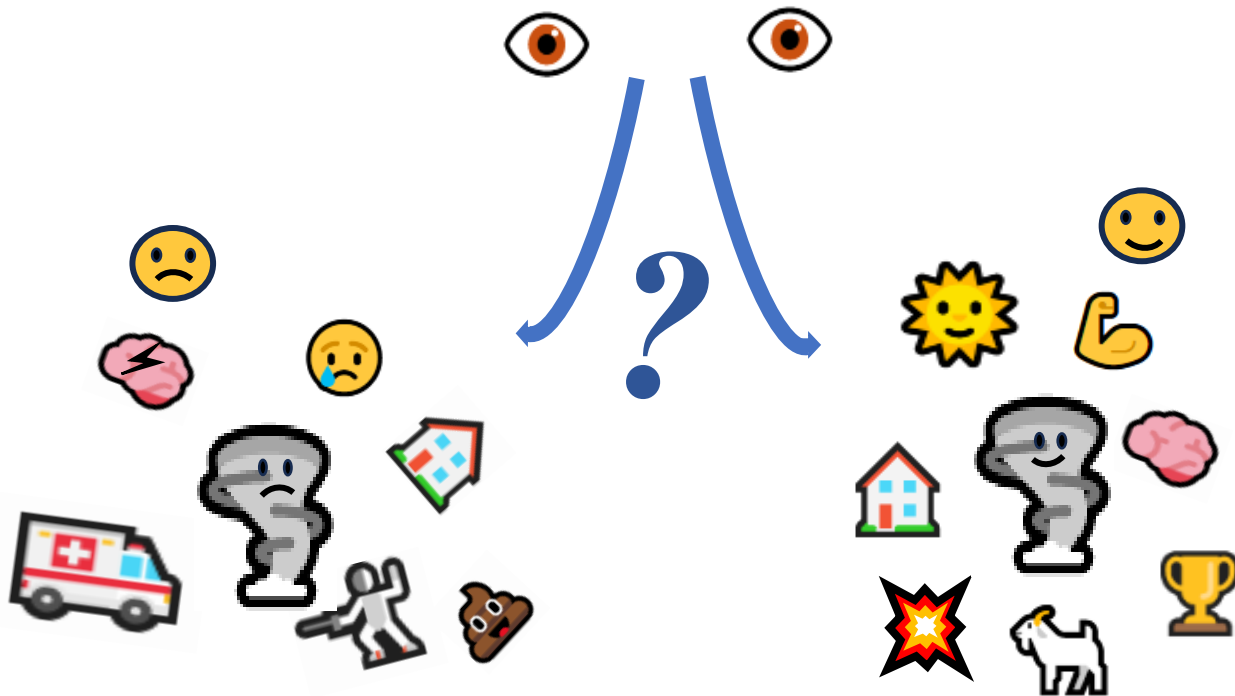
***Discipline, Work,
Strength, & Conditioning***

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

7.16 Strength and Conditioning Review



Do you have a “BAGUBA” in you?



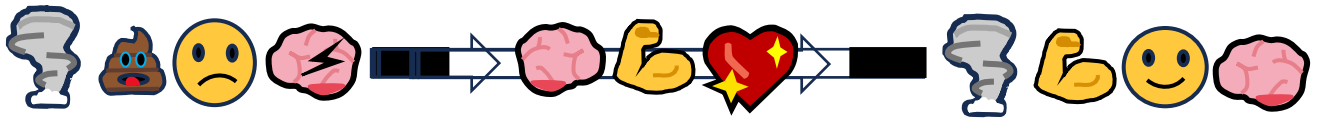
*vortex of disempowering,
healthy, and bad-feeling
mental activities*

Discipline & Work

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

***“BAGUBA” training for success means having the
mental discipline to attain and maintain the feeling-good
symbiotic synergy between mind, body, emotions, and
awareness that signify health, well-being, and success.***

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

7.16 Strength and Conditioning Review

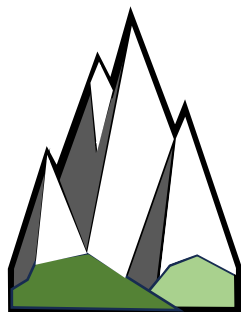


Becoming a “BAGUBA” IS NOT about brutally dominating the opposition – physically, emotionally, and mentally. NOR IS a “BAGUBA” about tolerating and playing through pain, injury, and adversity. (Although, all of that will be an outcome.)



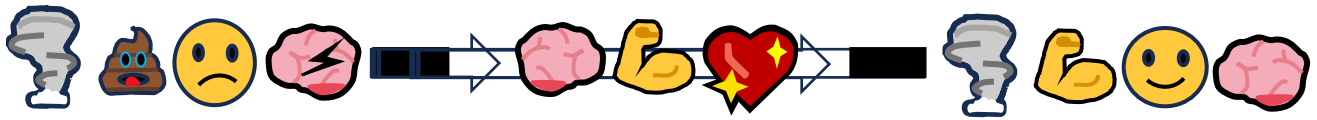
Is your house in order?

*A "BAGUBA" is brutally aggressive in utilizing one's own emotional awareness to guide and re-process one's own cognitive behavior towards **the good-feeling physiology of** (1) strength, power, speed, and agility, and of (2) effective and successful decision-making prowess and ability.*



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

7.0 The Mental-Emotional Being



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

**Discipline, Work,
Strength, & Conditioning**

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

Section 7.0 Mental-Emotional Being: Discipline, Work, Strength and Conditioning

Post-Test

(Mark all that apply.)

- 1) Which are mental-emotional distracting exercises?
 - a) “Stop”, don’t go there: change the subject
 - b) Deliberate focused breathing
 - c) Listen to music, watch videos
 - d) Do something fun (that which expands, excites, and ignites)

- 2) I feel this way because of:
 - a) What they are doing.
 - b) What I am doing.
 - c) My mental activities.
 - d) Their mental activities.

- 3) What are some mental-emotional reprocessing skills:
 - a) Find a better feeling thought
 - b) Re-state and focus off “what is not wanted”
 - c) Re-frame (make lemonade out of lemons)
 - d) Re-evaluate inherited personal beliefs

- 4) Good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with:
 - a) a healthy physiology
 - b) strength, power, speed, agility, and cunning
 - c) effective and successful decision-making prowess.

- 5) I must tolerate my emotions with mental toughness.

True _____

False _____

Each person has a responsibility to re-process their own cognitive-emotional behavior into a healthy, more competitive, and better feeling place.

Cognitive activities of the mind, not emotion, must be controlled, regulated, and managed to generate the powerful and successful physiology of a champion.

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



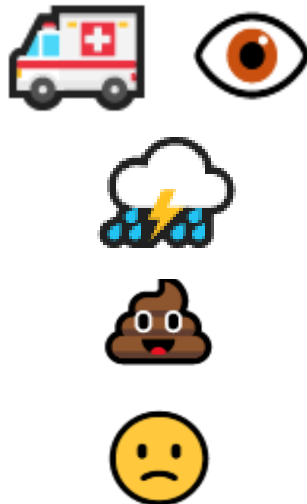
Focus and dwelling upon on a dropped ball, missed tackle, fumble, missed block, penalty, interception, or blown coverage creates a vortex of more mistakes, errors, and failure.



Focus and dwelling upon a successful play, great route, effective blocking, good tackling, a bewildering run, or pinpoint passing creates a vortex of more power and success.



*Dwelling upon that which **you DO NOT want, desire, and intend** generates negative, bad-feeling emotions, moods, attitudes, and feelings from an unhealthy and depressed physiology vulnerable to sickness, injury, and ineffective and poor decision-making, behavior, and failure.*



An athlete's primary school language and literary education of destructive emotionally driven behavior that demands emotional regulation, control, and management has sabotaged a wonderfully evolved emotional mechanism to guide unhealthy, bad-feeling, and destructive mental behaviors towards healthy, good-feeling, and constructive mental behaviors of power, strength, and success.



To cognitively will behavior while ignoring one's own emotional state of being is to ignore one's own physical and mental health and well-being with possibly disastrous consequences, including injury.



8.0 The Process Being: The Actuation Process of Success



Section 8 The Process Being: The Actuation Process of Success

Pre-Test (mark all that apply)

- 1) A bench warmer wants to start in the big game, what do they do?
 - a) Imagine (visualize, hear, smell, and taste) and feel good about starting
 - b) Intend to be the starter
 - c) Re-process emotionally negative cognitions into good-feeling cognitions
 - d) Cheer on the current starters

- 2) Negative, bad-feeling cognitive activities (like not starting) means:
 - a) An athlete's physiology is in a depressed state
 - b) An athlete's physiology is prone to injury
 - c) An athlete cannot perceive the subtleties of the game
 - d) The athlete is hurting their teammates

- 3) What are some key segments of your position or sport? What do you do at each segment? What is your intention for each segment?

Segment kick the ball intention make a goal

segment _____ intention _____

segment _____ intention _____

segment _____ intention _____

segment _____ intention _____

segment _____ intention _____

Personal Power of Qi and The Tao of Athletic Success Workout

8.0 The Process Being: The Actuation Process of Success

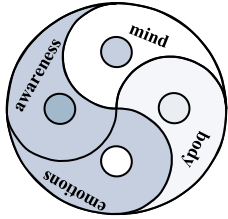


Section 8 is about an individual (or team) *always acting with intent, purpose, and awareness of the mechanics and techniques for the actuation of success* within a move, position, or play in a sport such as golf, tennis, basketball, baseball, football, hockey, wrestling, track, sailing, skiing, or what ever activity an individual is engaged within.

Actualization is a process beginning from an overall state of intent (to be victorious) and steps down through the localized segments of intent at each of the various stages (segments) of the competition. *A player must cognitively know and emotionally feel (until they know they know) and then “allow” their want, desire, and intent at each and every stage or segment* within their game, play, move, or “shot” to be successful. Until you “know you know it,” you can not “allow it” to happen and be successful. Practice intent, think, feel, know, and then allow until it becomes an automatic and seamless structure within every segment of your game.

A “successful” athlete has the tools, skills, ability, and power of choice between feeling emotionally bad (and the perception of an unhealthy, weak, and dis-empowered physiology) or feeling emotionally good (and the perception of a healthy, robust, and empowered physiology).

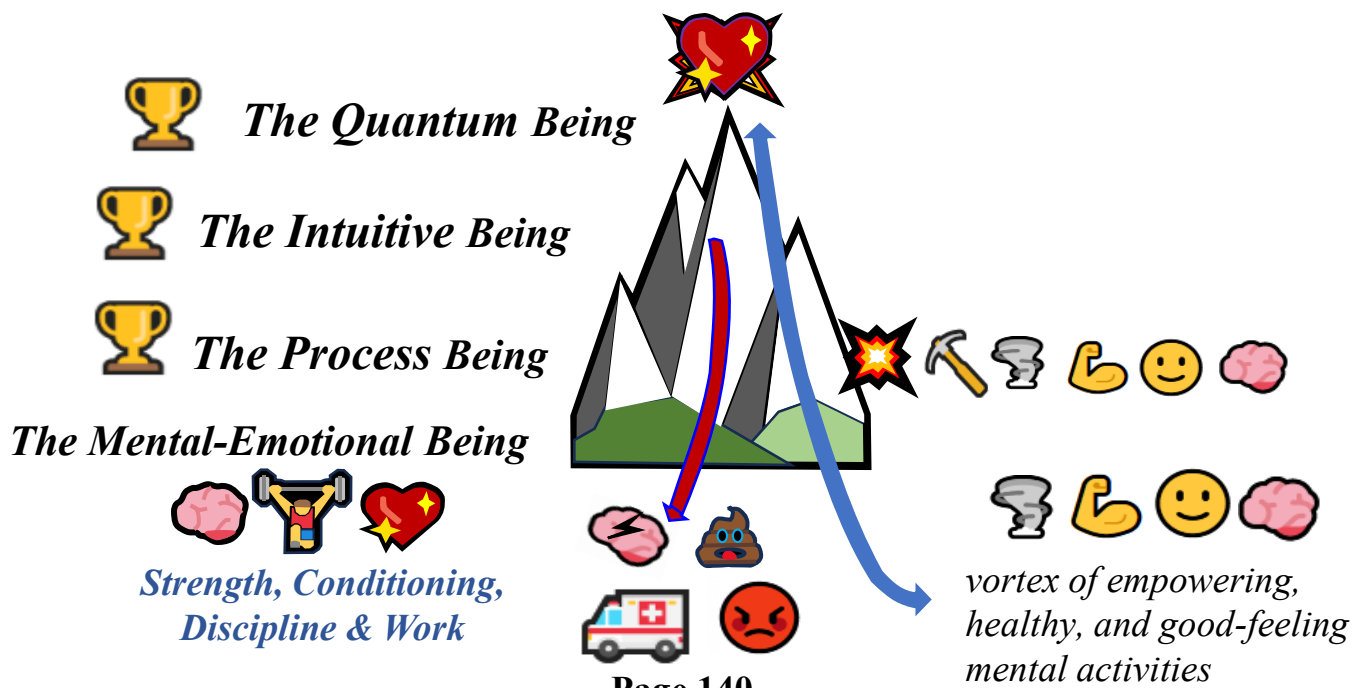
8.0 The Process Being: The Actuation Process of Success



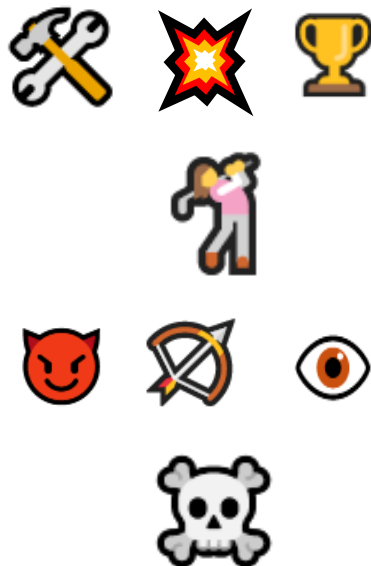
*Before you ascend...
is your house in order?*



- 1) *Are you in a vortex of empowering, positive, and good-feeling mental activities?*
- 2) *What happens to those who climb Mt. Everest unprepared?*



*For the actuation of success, action must be
with intent, purpose, and awareness... until
the process becomes internalized,
automatic, and instinctive.*



8.0 The Process Being: The Actuation Process of Success



8.2 Think It

What are the mechanics/technique of your intent (assignment) you need to remember? This is using your cognitive mind. The mechanics/technique should become automatic through practice and drills. But before they become automatic, there is a thought process involved that must be recognized and acknowledged.



- 1) Intent: bench press; what are the mechanics/techniques?

- 2) Intent: covering a receiver; what are the mechanics/techniques?

- 3) Intent: catching a punt; what are the mechanics/techniques?

- 4) Intent: making a basket; what are the mechanics/techniques?

- 5) Intent: making a putt; what are the mechanics/techniques?

- 6) Intent: _____; mechanics/techniques?

- 7) Intent: _____; mechanics/techniques?

- 8) Intent: _____; mechanics/techniques?

- 9) Intent: _____; mechanics/techniques?

8.0 The Process Being: The Actuation Process of Success




8.3 Feel It




Find the good-feeling place of power. Good feeling emotions, moods, attitudes, and feelings are indications and alignment with a strong, healthy, and robust physiology.

What are the feelings of your intent (assignment)? This is using your emotional awareness. Emotional awareness of the mechanics of your intent should become automatic through your practice and drills. But before they become automatic, there is a process involved that must be recognized and acknowledged to find the good-feelings of success.

1) If you are lifting weights or _____, find the good feeling place of your intent and technique?

  YES _____  NO _____




2) If you are catching a pass or _____, find the good feeling place of your intent and technique?

  YES _____  NO _____

3) If you are making a basket or _____, find the good feeling place of your intent and technique?

  YES _____  NO _____

4) If you are a making a putt or _____, find the good feeling place of your intent and technique?

  YES _____  NO _____

5) _____

  YES _____  NO _____

8.0 The Process Being: The Actuation Process of Success



8.4 Know You Know It.

A self-assured, empowered, and combined feeling and knowing of the symbiotic synergy between mind, body, emotions, and consciousness. The feeling/knowing of “know you know it” is something you must seek and find for your self. I can only allude to its existence. “Know you know it” means you will not fail. You are assured of success. You have “written it.” How do you describe/feel *your* “knowing of success”?

- 1) “I got it”
- 2) “mojo”
- 3) “confidence”
- 4) ”swagger”
- 5) _____
- 6) _____
- 7) _____

8.0 The Process Being: The Actuation Process of Success




8.5 : Allow It to Happen.



“It happens” means an athlete is not “forcing” it. They are not “willing it”. They are not “demanding it”. They are allowing it to happen; like holding your arm & hammer out and allowing it to drop by your side.

Allowing “it” to happen means an athlete doesn’t have any negative, bad-feeling emotions (resistance) about their desires for a successful and intended outcome.

- 1) What is your intent? _____
 - 2) What is your technique? _____
 - 3) Do you feel it? ___ Yes _____ No _____
 - 4) Do you “know you know” what you are doing?
Yes _____ No _____
 - e) Allow “it” to happen, without thought and effort. 
- Did it “just happen”? Yes _____ No _____

Note: At first, running through these processes takes effort and time. But, with practice, the effort and time to go through the steps will become automatic. An observer can watch a star basketball player do a beautiful step-back shot and basket, but the athlete goes through all the steps. They have just become automatic. A similar case is a short-stop in baseball catch a bouncing grounder, wheel around in the air and throw the ball for an out at first. They go through the steps and allow “it” to happen. A slalom alpine skier goes rounds 60gates in 60sec. Each gate has three separate “intentions:” entry, rounding, exit. That is 180 actualization processes in one minute. The mind can’t capture that, but an athlete’s emotional state can and does “feel it”.



To cognitively will and force behavior while ignoring one's own emotional state of being is to ignore one's own physical and mental health and well-being with possibly disastrous consequences, including injury.

8.6 Cognitive-Emotional Actualization (Review)

1) *What is your intent?*

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

Visualization is “picture yourself climbing Mt. Everest”. Intent is “My intent is to climb Mt. Everest next May”. Intent calibrates your emotional guidance. Feel the emotional difference between scuba tanks and climbing oxygen cylinders. Intent sets off a chain of retro-causal events to actualize a future event.

- a. Overall Intent: I am climbing Mt. Everest
- b. Specific Intent: I am obtaining the gear to climb Mt. Everest
- c. More specific intent: I am getting needed survival gear.

2) *Think It*

What are the mechanics of your intent.

- a. If you are lifting weights, how do you do it?
- b. If you are intercepting a pass, how do you do it?
- c. If you are catching a punt, how do you do it?
- d. Breaking through the line; throwing the pass, handing off the ball, blocking, tackling, putting, driving, chipping etc., etc.

3) *Feel It*

Find the good-feeling place of power.

- a. Good feeling emotions, moods, attitudes, and feelings are indications, and alignment with a strong, healthy, and robust physiology. Find the good feelings emotions, moods, attitudes, and feelings of: lifting weights; intercepting a pass; catching a punt; breaking through the line; throwing the pass; blocking; tackling, putting, driving, chipping etc., etc.

4) *Know you know it.*

- a. self-assured, empowered, and combined feeling and knowing of the symbiotic synergy between mind, body, emotions, and consciousness.

“I got it” / “Mojo” / “Complete confidence” / “Its mine”

5) *Allow... it to happen*

- a. Do not “force” it. Do not “will” it. Do not “demand” it. “It happens.”
- b. If “it” does not happen, the athlete **has not** resolved their negative, conflictive bad-feeling emotions, moods, or feelings (covered in Section 6).

8.0 The Process Being: The Actuation Process of Success



8.7 General Offense Worksheet

1) **Intent:**  (offensive play call): _____

2) **Think IT:** 

1. describe your assignment (the mechanics)

3) **Feel IT:**   

1. get into the good-feeling place of your assignment

YES _____ NO _____

4) **Know You Know IT:** 

1. State of knowing success

2. Can do attitude

YES _____ NO _____

5) **Allow IT:** 

1. Quiet the mind of noise and allow:

YES _____ NO _____


6) **Successful Outcome?**

YES _____ NO _____

8.0 The Process Being: The Actuation Process of Success



8.8 General Defensive Worksheet

1) Intent:  defensive play call/move): _____

2) Think IT: 

1. describe your assignment (the mechanics)

3) Feel IT:   

1. get into the good-feeling place of your assignment

YES _____ NO _____

4) Know You Know IT 

1. State of knowing success
2. Can do attitude

YES _____ NO _____

5) Allow IT: 

1. Quiet the mind of noise and allow:

YES _____ NO _____

6) Successful Outcome?

YES _____ NO _____

8.9 Offense or Defense Actualization Play Sheet

Instructions

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 each play or move can be one single intent. First label each segment and its intent. Then did you... "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.

8.10 Offense Actualization Play Sheet (Offensive Segment Intending)

On the top, name the play, move, or action (making a put, goal, shooting a jump shot, rounding a gate, etc.) in your sport. Then use following sections to break each play or move into its segments and fill in its actualization process. (Additional 11 play/player sheets in Appendix A.)

OFFENSE ACTUALIZATION PLAY SHEET PLAY: _____

SEGMENT 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 ___

OFFENSE ACTUALIZATION PLAY SHEET PLAY: _____

SEGMENT 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 ___

8.11 Defense Actualization Play Sheet (Defensive Segment Intending)

On the top, name the defensive play, move, or action to prevent a goal, tackle, jump shot, kick, etc. in your sport. Then use following sections to break each defensive play or move into its segments and state the intent and the success (or not) of allowing of each segment. (Additional 11 play/player sheets in Appendix B)

DEFENSE ACTUALIZATION PLAY SHEET PLAY: _____

SEGMENT 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 ___

DEFENCE ACTUALIZATION PLAY SHEET PLAY: _____

SEGMENT 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 ___

Home Actualization Play Sheet

Instructions

Each segment of a day is an opportunity to practice success by intending and allowing events from an emotionally 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.

8.11 Home Actualization Play Sheet (Segment Intending)

Each segment of a day is an opportunity to practice being successful by intending and allowing events from a good-feeling place of being. Identify nine segments throughout the day and fill in their actualization process. (Additional sheets in Appendix C)

DATE: _____

SEGMENT

1 wake up Intent: make it a great day

Think it: things I am doing today Feel it: Y N

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

2 breakfast Intent: enjoy a healthy breakfast

Think it: (what is your typical breakfast) Feel it: Y N

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

3 weight room 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

8.0 The Process Being: The Actuation Process of Success



Section 8 The Process Being: The Actuation Process of Success

Post-Test (mark all that apply)

- 1) You want to start in the big game, what do you do?
 - a) Imagine (visualize, hear, smell, and taste) and feel good about starting
 - b) Intend to be the starter
 - c) Re-process emotionally negative cognitions into good-feeling cognitions
 - d) Cheer on the current starters

- 2) Negative, bad-feeling cognitive activities (like not starting) means:
 - a) Your physiology is in a depressed state
 - b) Your physiology is prone to injury
 - c) You cannot perceive the subtleties of the game
 - d) You are hurting your teammates

- 3) What are some key segments of your position or sport? Are you an offensive or defensive player? What is your intention for each segment?

_____offensive _____defensive

segment _____ intent _____

segment _____ intent _____

segment _____ intent _____

segment _____ intent _____

segment _____ intent _____

segment _____ intent _____

With practice, the actualization process of success:

Intend It.....

Think It.....

Feel It.....

Know It.....

and Allow It

will become automatic

(for every play, move, or race)

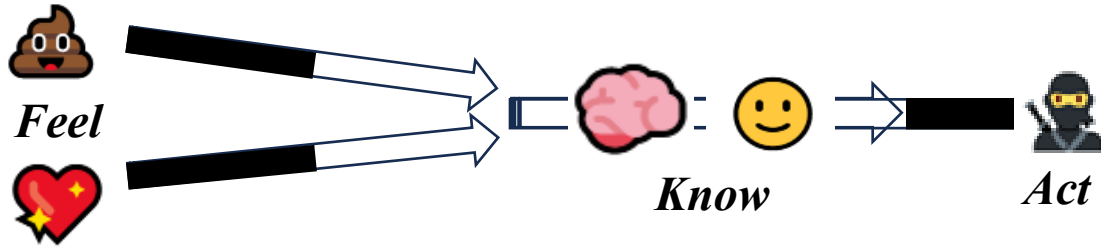
on the field of competition

and in the arena of daily life.

If an athlete's intent is "to win" and "be a champion" then their mental activities (such as thoughts, perceptions, imagery, and reasoning) must be around the good-feeling emotions, moods, attitudes and feelings that generate the empowering physiology of strength, power, agility, cunning, and decision-making prowess of success .

*Enjoying life (and the competitive game)
is necessary for the actualization of that
which is **wanted, desired, and intended.***

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



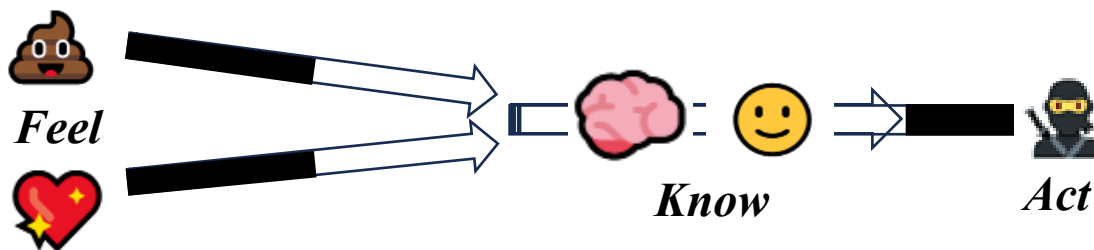
Section 9: The Intuitive Being: Gut Awareness and Intuitive Action of Mind

Pre-Test

1. Some athletes are “lucky”.
_____ True _____ False
2. An athlete can intuitively be in the right spot at the right time doing the right thing.
_____ True _____ False
4. An athlete must control and manage their emotions.
_____ True _____ False
5. Emotions, moods, and attitudes tell an athlete important information about their cognitive activities.
_____ True _____ False
6. An athlete must have good emotional-feelings associated with their wants, desires, and intentions to be successful.
_____ True _____ False

The Tao of Athletic Success Workbook

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



Moving from a Mind Centered to a Heart Centered Being

In **Section 9** the athlete will increase their *power of intuitive awareness and action of mind from emotional-feelings and the other senses* to maximize competitive performance and to prevent injuries.

“While living in El Paso, TX, I went into the shower to clean off the desert grime. Something was wrong. I *smelled the presence of death*. Immediately I froze. I turned to my right and there I was naked and eyeball to eyeball with a scorpion.”

A player cannot know (or act on) the subtleties playing out within the game, match, move, or play if they are:

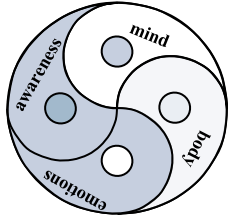
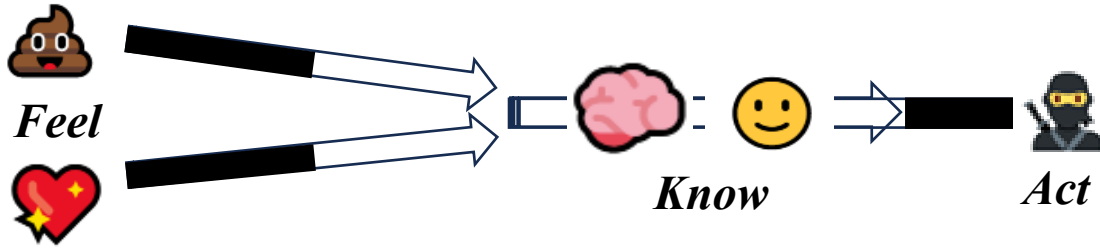
- (1) camouflaging their emotional state with mental chatter,*
- (2) actively suppressing, ignoring, or controlling their emotional state of being, or*
- (3) preoccupied by being mindfully aware with “acceptance and without judgment” (an athlete must judge, evaluate, and use their emotional feedback.)*

Emotions have evolutionary survival meaning and have a cooperative relationship with “mind” for the actuation of success. An athlete on defense is dependent on “awareness.” What an athlete on defense must develop is an *emotional awareness* of the very fine subtleties, or signals, within the offensive stance of an opponent, team, or opposition perceived through cognitive activities of perception of the mind, either visual and, in the case of wrestling, touch or even smell. Cognition precipitate changes and states of neurology, biochemistry, and physiology that are perceived *emotionally* as long as one’s own *intent* has been previously established, such as a football defensive back’s intention is to block the catch, a lineman’s intent to protect his quarterback. One exercise to develop the mind-emotion connection is, before the moment to react, *guess* what the offensive action is going to be, or what he is going to do.... just guess.

1) *guess* _____? *Success* ____yes ____no

2) *guess again* _____ **Page 161** ____? *Success* ____yes ____no

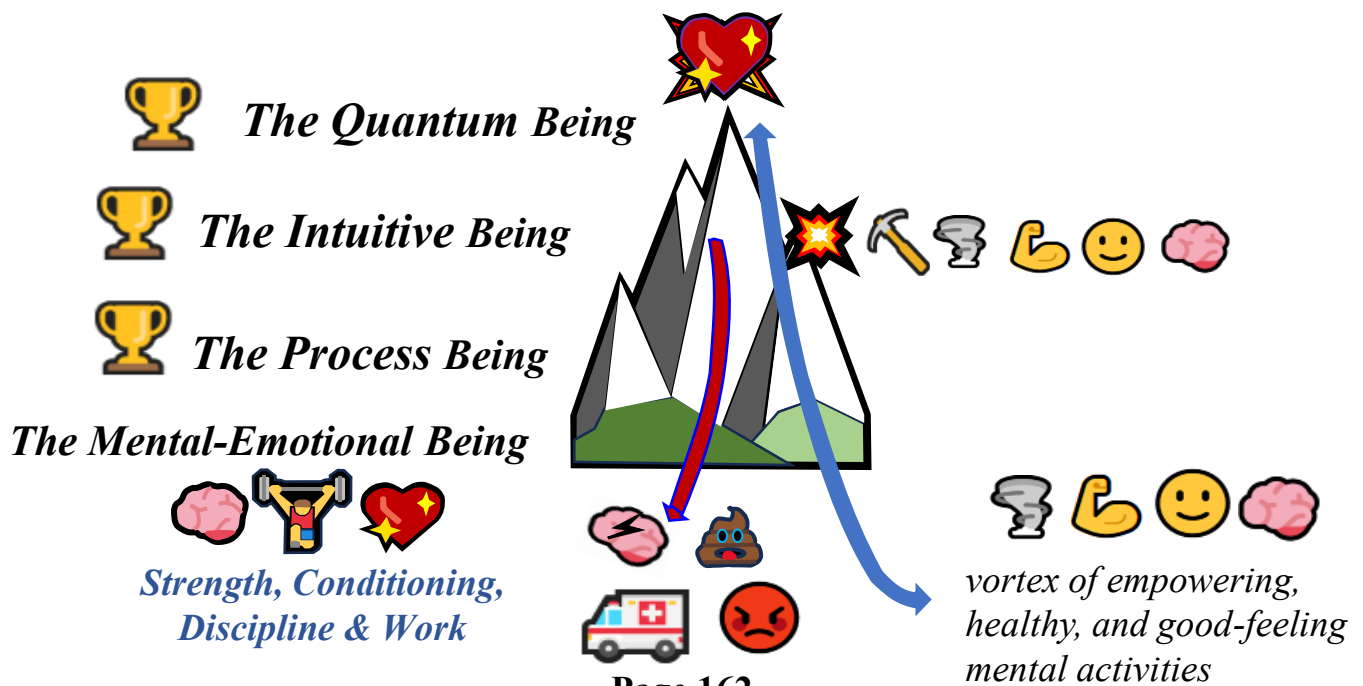
9.0 The Intuitive Being: Gut Awareness and Intuitive Action of Mind



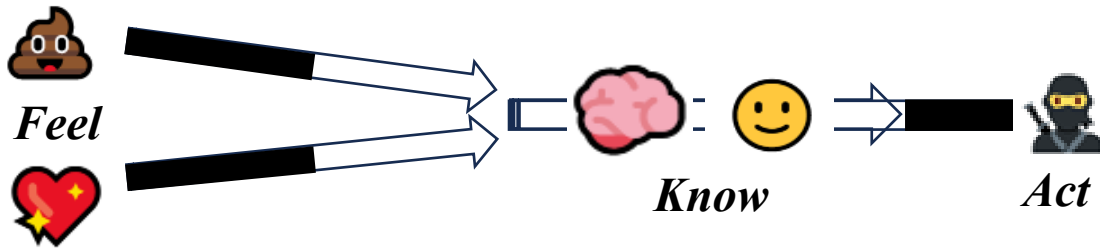
*Before you ascend...
is your house in order?*



- 1) *Are you in a vortex of empowering, positive, and good-feeling mental activities?*
- 2) *What happens to those who climb Mt. Everest unprepared?*



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

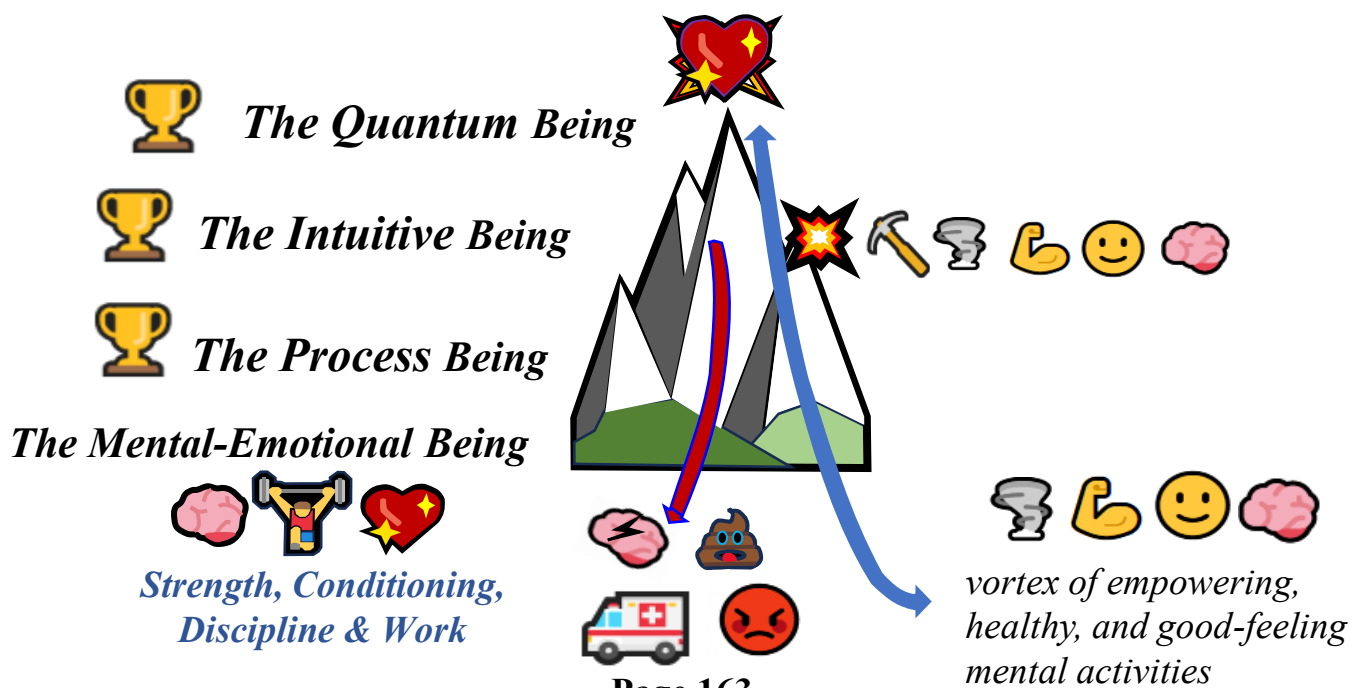


“Gut Awareness” involves EMOTIONS!!

A player cannot know (or act on) the subtleties playing out within the game, match, move, or play if they are:

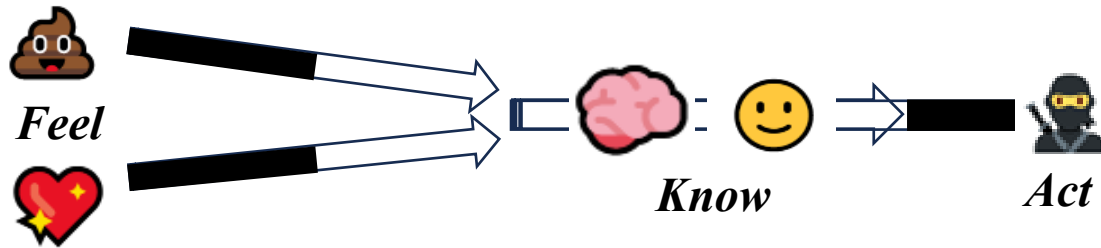
- (1) Camouflaging their emotional state with mental chatter*
- (2) Droning out their emotions with music blaring through their mind*
- (3) Actively suppressing, ignoring, or controlling their emotional state of being (mental toughness, drugs, or whatever...)*
- (4) Preoccupied by being mindfully aware of their thoughts and emotions with “acceptance and without judgment”*

(An athlete must use, evaluate, and judge their emotional awareness.)



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

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



9.1 Gut Awareness

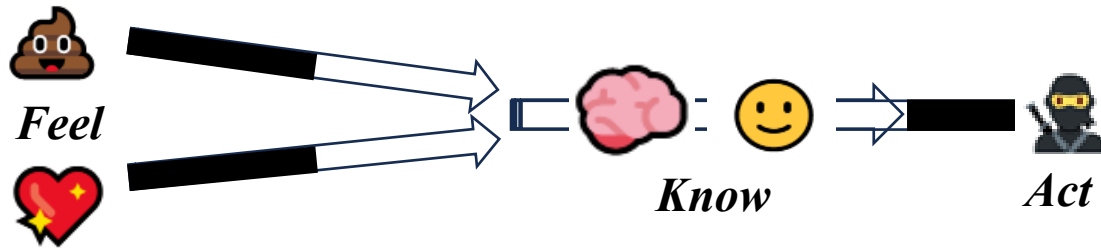
On the way to the ski hill, I felt that today was special. I could feel it. Later that day, several of us ski instructors piled snow up and made a jump. I was going to do my first flip on snow skis. I *just knew* I could do it. On the run to the jump, I just held the good-feeling of success. I launched myself into the air, did a single forward flip, and landed cleanly. I came back to reality and whooped with joy. I had done it!

The process of gut awareness and intuitive action of “Mind” is to be highly sensitive and aware of the events going around you in a game and specifically during a play *AND* where your emotional awareness can “speak” to you on the significance and meaning of your cognitive activities.

- 1) Consciousness can not be fully aware of all the thoughts, memories, plans, and training that you have learned over your years in a sport. But your emotions can tell if your cognitive activities are in alignment (or not) with current intentions
- 2) You can not be aware (and act upon) the subtleties playing out in the events around you if your gut is focused in anger, jealousy, revenge, or any other powerful good or bad feeling emotions, moods, and feeling.
- 3) Once the mind and emotions are quiet of all their “louder chatter”, you can *hear, smell, or feel* your cognitive-emotional signals.
 - a. I “feel something”
 - b. Something is “off”
 - c. I can feel in my gut that I need to act.
 - d. I FEEL and KNOW I am in the right spot at the right time.

Describe 2 events where you acted on your “gut” awareness.

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



9.2 Gut Awareness and Intuitive Action

1) *Feel*

With a calm and highly aware mental state, an athlete can feel the subtle emotional energies through-out their body. Learn what body feelings go with what thoughts of awareness and their meaning.

2) *Cultivation*

When an athlete get an impulse of knowing or awareness, the difficulty is learning to give it an appropriate value. Is “this” something to act on “NOW!” or is “this” not quite yet understandable. But with practice, an athlete will develop confidence and their “knowing” will guide them to be in the right spot at the right time.

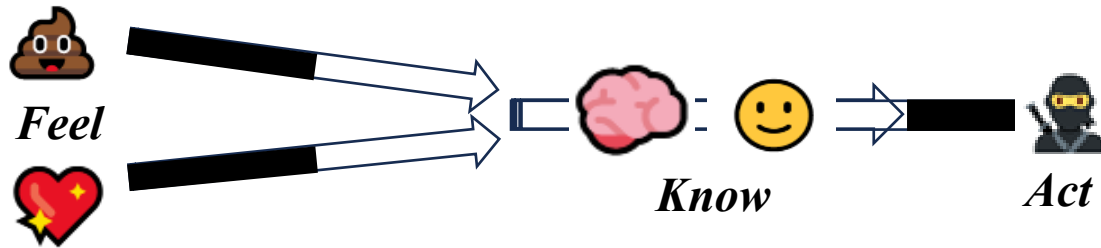
3) *Cultivated Intuitive Action*

I was driving on Mexico’s back roads after dark on a very stormy night. We had separated from the caravan several days earlier to adventure on our own. Now we had to rendezvous with the group before morning at a soccer field in a major city to continue our tour together. I had these feelings of where the field was and how to get there. “Turn right here.” “Turn left there.” “Take this road.” “Now the field will be on your right”.

Describe 2 events where you had “feelings” of where to go and what to do.

*Your power is in your ability to focus on what is wanted,
desired, and intended.*

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



9.3 Camouflaging, suppressing, or ignoring emotional states of being

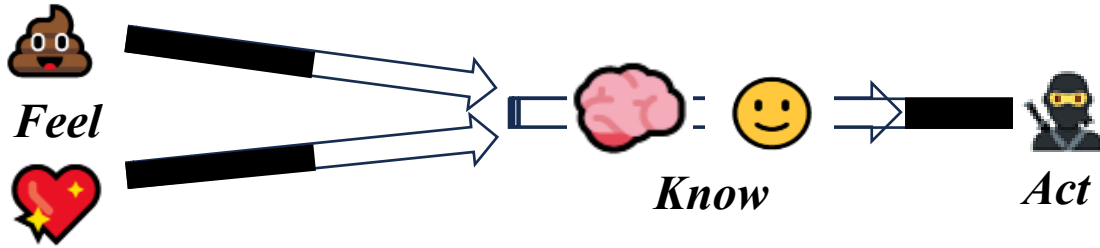
- 1) *If an athletic is camouflaging their emotions* by suppressing and ignoring their emotional state of being *they cannot know or act* on the subtleties playing out within the game. Stuffing emotional awareness does not mean an athlete has a quiet mind and heart. Rather it prevents them from hearing the quieter fluctuations in their emotions.
- 2) “*Feeling “ that something is off”* or I “feel something is afoot” can only be processed into a “knowing” if you are “feeling.”
- 3) *The skill of quietly feeling* that something is off is being aware and *to know* what is happening. And then act on that knowing.
- 4) *The importance of negative emotional awareness.*

We were canoeing and camping for a week in the Boundary Waters Canoe Area of northern Minnesota. The day was late with a long day of paddling, and we needed to find a camp site. Paddling up to an available site, I felt uneasy about stopping here. But we were both too tired to adventure further. Setting up camp was going well when I heard a “pop” and an “oh, sh**” and I looked up just in time to see a fiberglass tent pole spinning 20feet into the air, out over the water, and splash.

Describe an event in life or in a competition where you “felt uneasy”:

How did you act on that feeling?

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



9.4 Feed the Beast



VS. Feed the Beast



1) *Be the Wounded Hero*



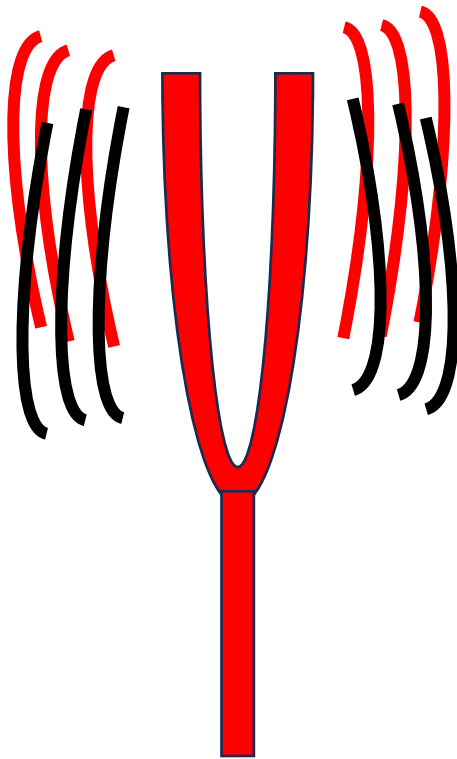
Now if an athlete is dominating, not because they are allowing the flow of Qi through their body, but because they start “pushing” themselves through negative, bad-feeling cognitive-emotional resistance, or forcing themselves to play beyond their natural capacity “for the team”, then accidents, and injuries are more likely to occur. These athletes need a time out.

Describe a time when you had an injury. Can you interpret what your cognitive-emotional state was?

Another cause of injury is by being emotionally negative, up-set, depressed, or angry. An athlete can also be cognitive-emotionally “somewhere else” and not ready for competition. The physiology of the body is not at its natural peak for physical adversity.

Describe a time when you had an injury. Can you interpret what your cognitive-emotional state was?

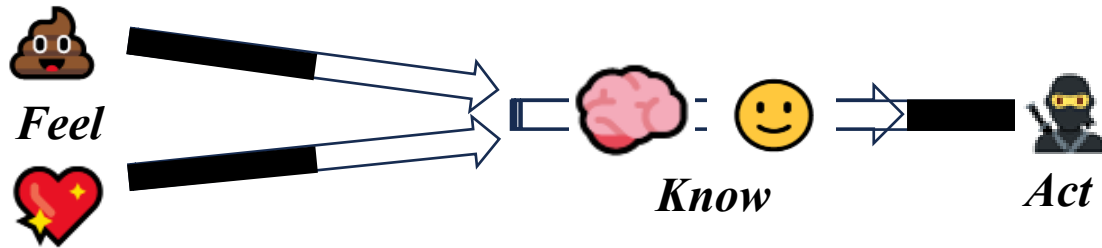
*When joy and good feelings permeate
your life, practice, and competition...
good things happen.*



*Bruce Lee never resolved the emotional dissonance
brought on by the conflicts within his mind and thus was never
able to move beyond the confines of a physical universe of
objects and linear cause and effect and become the master he
so desired to be.*

An athlete cannot make good decisions or get good results from a negative, bad-feeling place.

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



2) *Be the Fool (or the Jester?)*

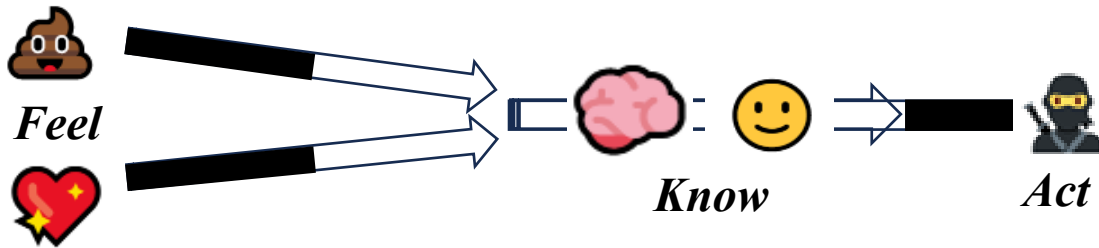


Then there is the manic high of the clown. The athlete's good feeling reflexes and intuitive actions are from a self-important high. The good feelings come **NOT** from a cultivated intent of a successful action like, "***Make this basket.***"; "***Make this catch.***"; "***Make this putt.***"; "***Make this block.***"; but from a pathological intent of how others will see me as "***Being a hero***".

But the jester in medieval times had the role of cheering up the King, of distracting him from the woes of the day. The jester had a purpose to help the King get out of the vortex and attraction of negativity and into the vortex and attraction of positive, good feeling events, circumstances, and people. The line between the Clown and the Jester is very delicate and to error could be very costly. But the benefits could mean a rejuvenation of a successful competition.

Describe a time when you showed off. Did it energize the audience and the team to success?

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



3) *Be the Goat*



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*. Cultivated action starts with an intent to succeed and to make the perfect play, move, or shot, for the reward of its accomplishment for “me” and “the team”. Self-indulgent, self-important intent and action is to highlight just “*ME*”.

Describe an event at home, practice, or in a competition where you had the energy and/or skill and made a fantastic “TOP 10” play.

What was the event? _____

What were the surroundings? People? Place?

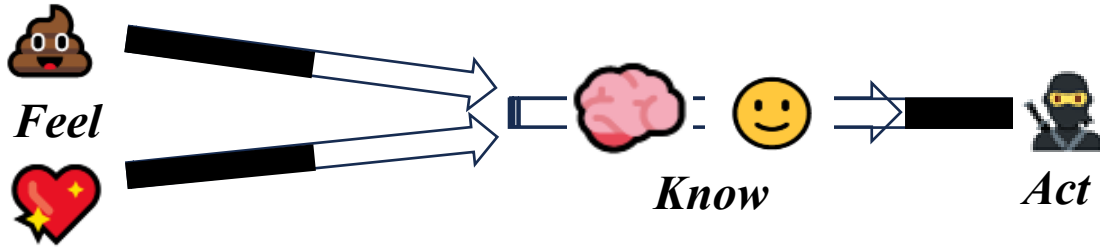
What was going on in your mind?

What did you sense, smell, taste, or perceive that you can associate with the “Top 10” performance?

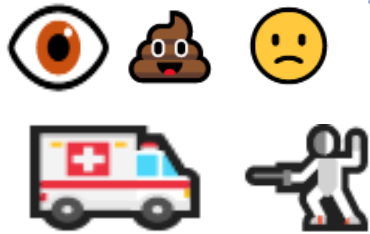
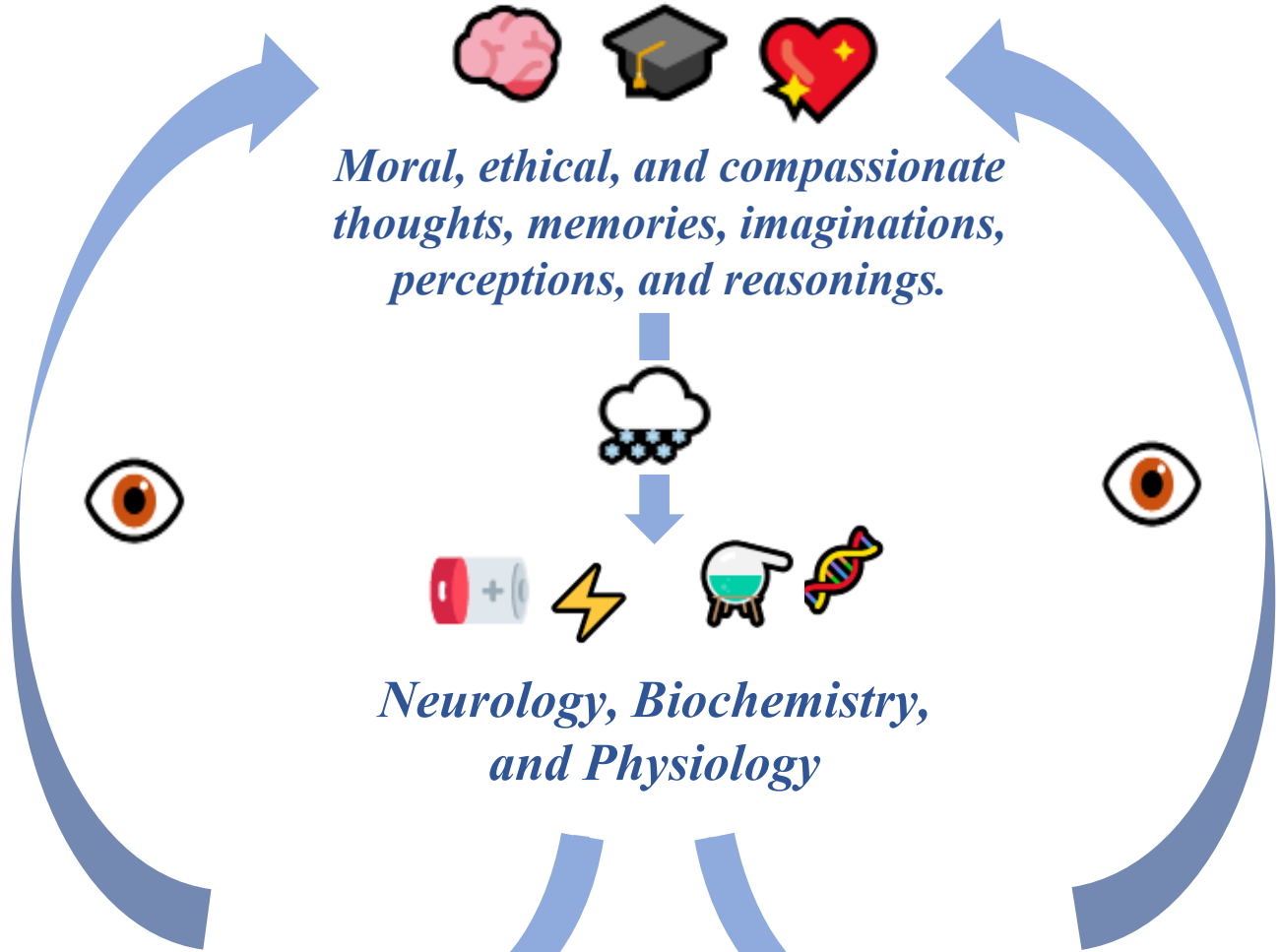
What did you feel? Before: _____

During: _____ After: _____

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



9.5 What feels-good-is-good, what feels-bad-is-bad (biologically)

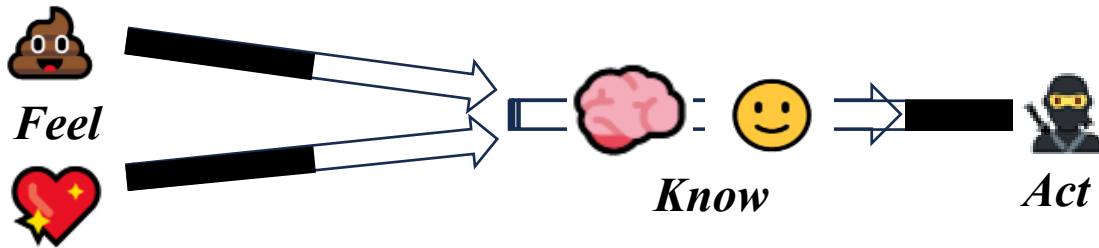


*Bad-feeling emotions
(unhealthy physiology and depressed
and aggressive decision-making and
destructive behavior)*



*Good-feeling emotions
(healthy physiology and joyful
and cooperative decision-making
and constructive behavior)*

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



Section 9: The Intuitive Being

Post-Test

(mark all that apply)

1. “Intuitive action” evolves out of the emotions, moods, attitudes and feelings of the body and “mind”.
_____ True _____ False
2. Gut awareness always needs immediate action.
_____ True _____ False
3. An athlete can intuitively feel to be in the right spot and the right time doing the right thing.
_____ True _____ False
4. An athlete must suppress their negative feeling emotions.
_____ True _____ False
5. Emotions, moods, and attitudes tell an athlete important information about their cognitive activities.
_____ True _____ False
6. An athlete must have a good feeling wants, desires, and intentions to be successful.
_____ True _____ False

*Intent, free from conflict, bias, and discord,
allows a complementary rendezvous of
people, places, and events.*

*Focusing and dwelling upon success creates
a vortex of more success*



10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

Section 10: The Quantum Being and Personal Power of Qi

Pre-Test

(mark all that apply)

1. “Mindless” awareness and action are a product of “Quantum Being”.
 True False
2. “Mindless” awareness and action exist beyond the boring world of time, space, and physical daily life.
 True False
3. An “empty mind” is in a state of awareness.
 True False
4. An “empty mind” is a state of action.
 True False
5. “Mindless reflex” is another term for “instinct.”
 True False

Personal Power of Qi and The Tao of Athletic Success Workbook

10.0 The Quantum Being and Personal Power of Qi



In **Section 10** the athlete will increase their *power of “mindless” awareness and action* to maximize competitive performance and to prevent injuries.

(1) Mindless Awareness

“As a child I was working in the fields with my father when he looked up at the sky. He had “heard” some geese. As a lifelong birder this would be normal. But I heard nothing. After several minutes past, the geese and their distinctive “honking” came into *my awareness*.”

“We were sitting out in our backyard with our cat Mindy about 10ft away. A falcon came diving in, missed Mindy, and flew off. What really happened is when the falcon was about 5ft from Mindy, time stopped and the falcon and I looked eyeball to eyeball and I commanded, “No!” And he flew off.

(2) Mindless Action

“I was in a wrestling match I was supposed to win. Action stopped with 10 seconds to go and I was 1pt behind. I was on top. Again, I thought, “I am supposed to win this match!” The whistle blew and *my mind went blank*. My body just acted on its own.... cross-body ride, thrust forward, chicken wing his arm to a near fall....2pts. That was the only time I ever used a cross-body ride in my career.”

“Mindless” awareness and action revolve around the exciting constructs of “Personal Power of Qi”, “Quantum Being” and “Follow Your Passion” which exist beyond our normal time, space, and physical worlds of ordinary daily life. 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.

10.0 The Quantum Being and Personal Power of Qi



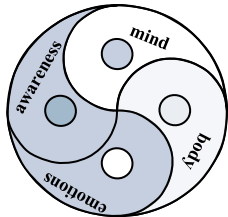
*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
"No-Mind" Potential*



*Mindless
Instantaneous and
Explosive Action*



*Before you ascend...
is your house in order?*



- 1) *Are you in a vortex of empowering, positive, and good-feeling mental activities?*
- 2) *What happens to those who climb Mt. Everest unprepared?*



The Quantum Being



The Intuitive Being

*Peaceful State of
"No-Mind" Potential*

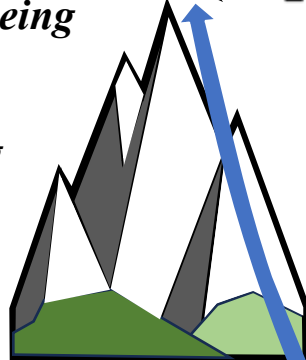


The Process Being

The Mental-Emotional Being



*Strength, Conditioning,
Discipline & Work*



*Is your house
in order?*

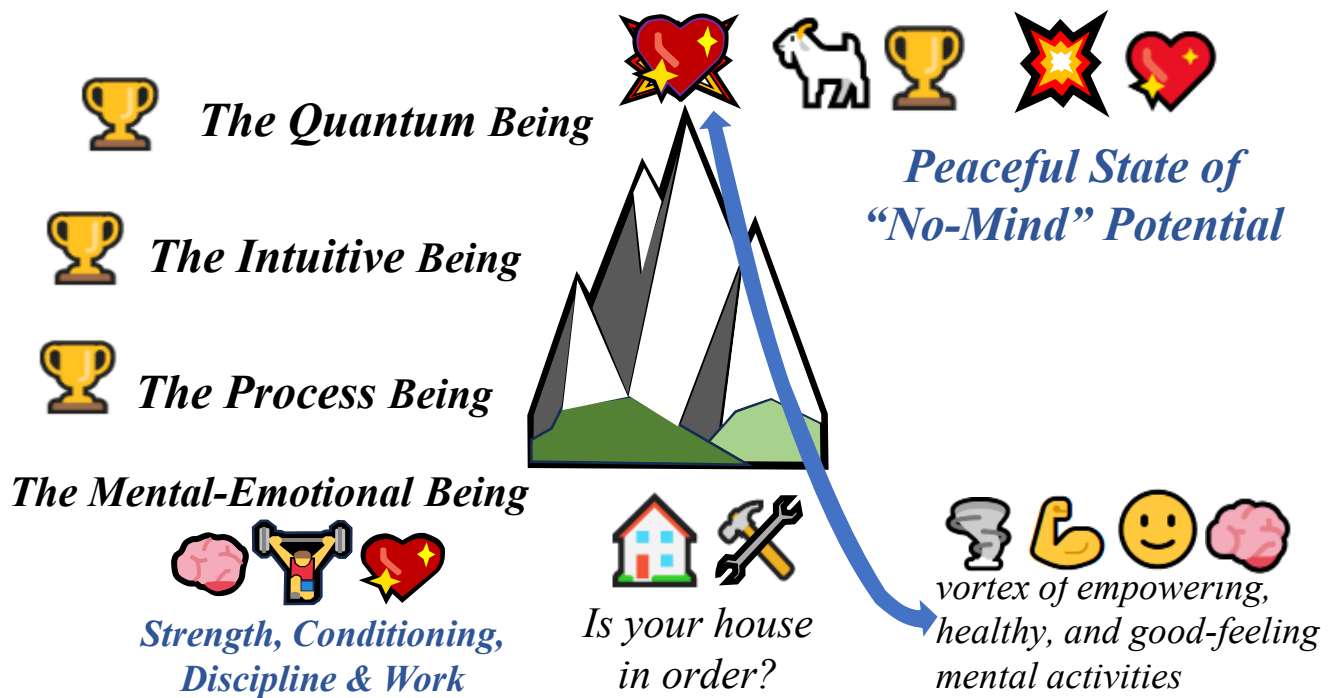


*vortex of empowering,
healthy, and good-feeling
mental activities*

10.0 The Quantum Being and Personal Power of Qi



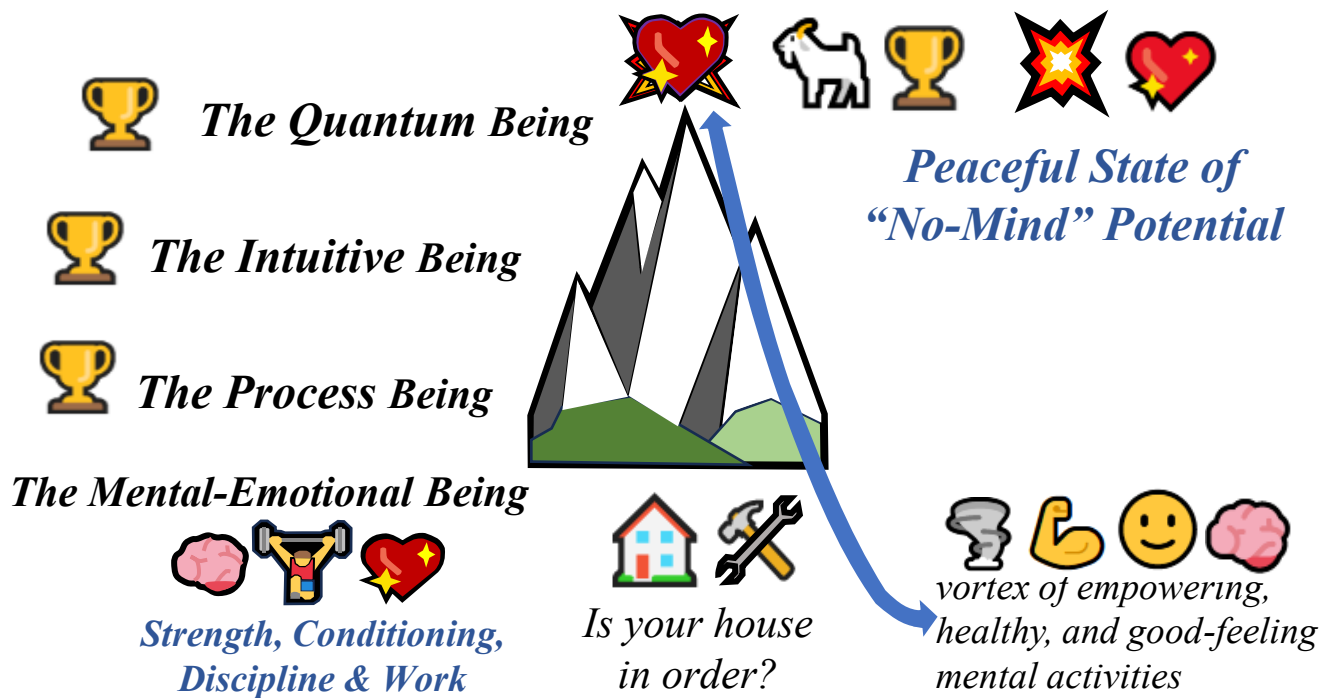
*He who speaks does not know.
He who knows, can not speak.
I speak therefore I do not know.*



10.0 The Quantum Being and Personal Power of Qi



*The state of “no mind” lies within the heart;
a state of peaceful love of life where all-is-good and well.
Meditation, silencing the mind to dwell
within the good-feeling love
and peace of the heart,
is a means to mindless heightened and expanded
awareness beyond logical time and space.
Only within the heart can the mindless power of instant
and explosive action of pure intent be free to exist.*



10.0 The Quantum Being and Personal Power of Qi

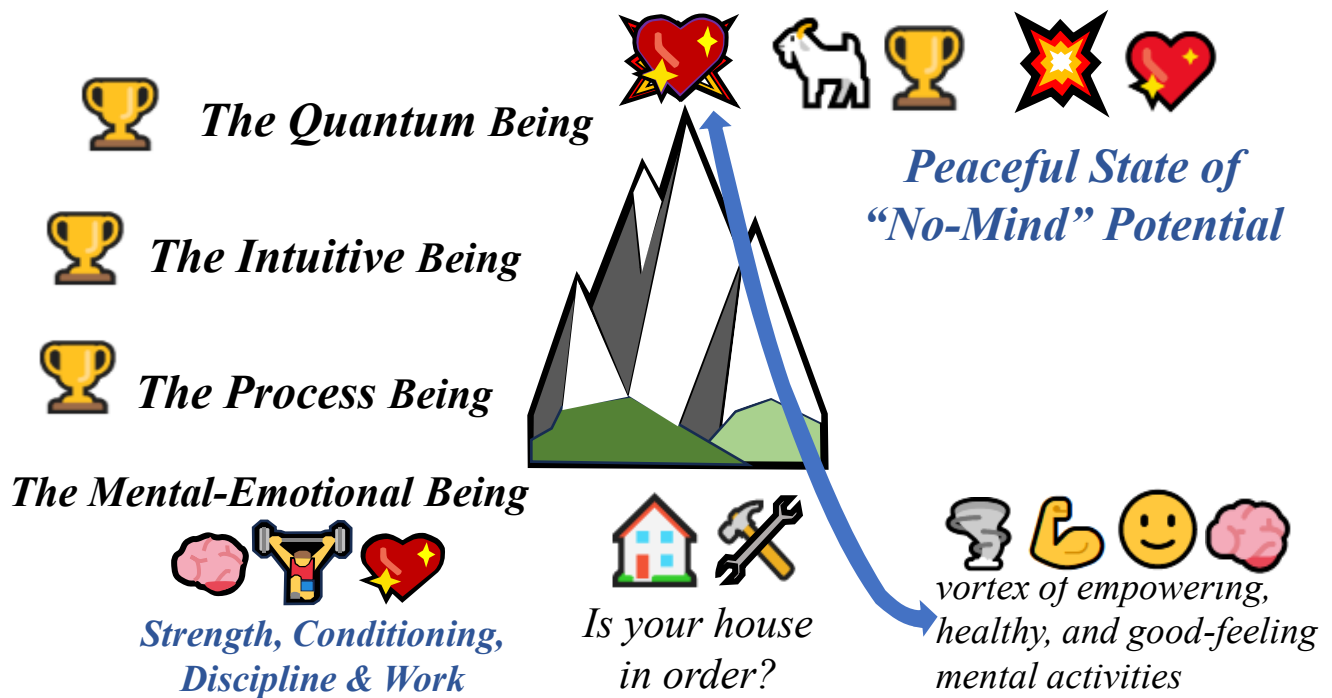


The Paradox of Quantum Universe and the Vibrational Power of Qi

In a Quantum Universe, time and events lose order and sequence for all exists now and there is no first for the chicken or the egg.

Linear cause and effect disappear in a Quantum World when a down – stream future event begins an up-stream historical sequence.

What is physical strength, power, and might when a vibrational emotional-thought of Quantum Being will overpower that muscle and mass of speed and power?



10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

10.1 “Mindless Awareness” of Quantum Being

Mindless awareness and reflexive action is a step beyond gut awareness and intuitive action of mind. It is the reflexive actuation process of intend it, think it, feel it, know you know it, and allow it (in a state of “empty mind” or “no mind”).

Describe and experience where you just knew it was going to happen and work out:

1) *Out of Time*

“The world exists as we have been taught.” What if the world isn’t? What if the world is not as we have been taught. What does an athlete do if their world is turned upside down because new experiences say, “The world is not. The world is not what I know/knew it to be.” New realizations can be disturbing and one of the best methods for calming the nerves is pranayama, or breathing meditation.

2) *Breathing Meditation (Pranayama)*

The basic idea of working with breathing technique is to calm the extraneous *nervous chatter of the mind that sabotages mindless awareness and reflexive action*. There are many, many different patterns of breath control and different areas of focus, such as on the chest, diaphragm, or abdomen. And there are different visualizations of how prana or energy (QI) flows through the body. Two patterns of breathing to start with are:

- a) breath in for 4 counts and breath out for 4 counts
- b) breath in for 4 counts; hold for 1 count; breath out for 4 counts. Hold for 1 count.

There are thousands of books and articles on breathing meditation practices for an athlete to explore on their own. The intent for breathing meditation here is to calm the mind and to stop one’s own nervous and depowering inner chatter. Take a moment, close your eyes and focus on your breathing in and breathing out. Now, give your breathing a count: In, 2, 3, 4 and out, 2, 3, 4. Repeat.

Did you find success in stopping your mental chatter? _____yes _____no

10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

3) *Linear Time vs. Spacial Time*

Time flows from the past to the present and onward into the future. Language reinforces this concept with “tenses”. We can speak in past tense, “That was my experience in the past.” Or present tense, “That is my experience now.” And there is future, “That will be my experience in the future.” But what if that isn’t? What if your experience of time is different?

a. Days of Future Past

I was excited. It was 1974 and I was in the hometown of an author whose book I was reading. I was on my way to the local market for some shopping and I looked over and saw him. Or I thought I saw him. I was on a mission to get to the market and kept walking. Forty years later I started having this odd realization. That book I was reading in 1974 wasn’t published until 1984. And I was first introduced that author and his works by one of my high school teachers I had a meeting with in 1979....Yet, I “knew” the author and his book in 1974?!

b. The Future is Now; And So Is Now

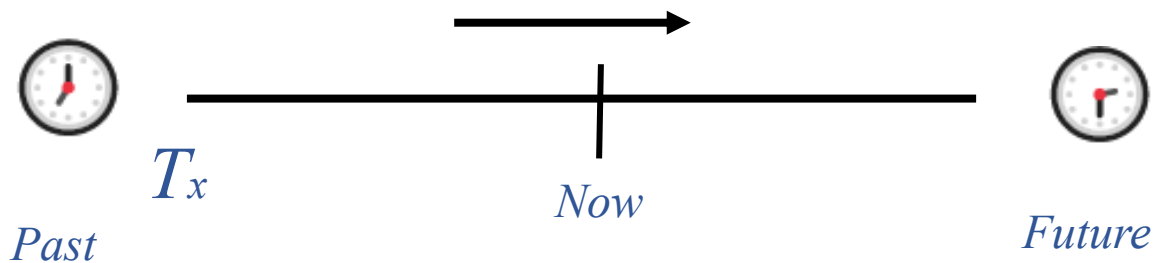
I was teaching mechanical drafting, old school style with paper and a pencil. I was a high school industrial arts teacher between 1980 and 1986. One time in one of those years, say around 1983, I started experiencing moments of the future, now in the present. Events not too far in the future, just 30seconds or may be a minute into the future were buzzing around in my head. I would hear students coming down the hallway towards my classroom, and then a moment later I would again have the experience of those students coming down the hallway. In class I experienced what a student was going to do, that is, he was going to raise his hand and ask this question. Then a few moments later I had the same experience again “for real”; he raised his hand and asked that question....

When a puff of wind comes down the course in sailboat racing, the crew is set up with a challenge to “declare” a coming puff to be a “lift” or a “knock”. (Lon)

10.0 The Quantum Being and Personal Power of Qi



c) *The hard to utilize linear time (time line) in a Quantum World.*



d) *Quantum Time of Synchronicity*



A future event in New Orleans, creates a change in the past up in Minneapolis that effects St. Louis now.

Living in our linear timeline, this is un-reasonable. But this does convey how synchronicity happens in a Quantum World.

10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

10.2 “Mindless Action and Power” of Quantum Being

“In high school wrestling practice, we had a drill called “King of the Mat.” A wrestler stayed “in” wrestling all the wrestlers round-robin, one by one, in his group until he lost. Then a new king was crowned, and they stayed in until they lost. One practice, I was hot! And as the “King of the Mat” drill progressed, instead of tiring out and getting weaker, I got more and more energy and was getting stronger, faster, and more dominating with every move. I wore out every challenger from all weight classes, including our 3x, undefeated state champion. Once upon a time, that one day, I was feeling it; I was feeling good; I was connected; I was hot; I was “The King”; “The GOAT”.

1. Describe an event at home, practice, or in a competition where you had an “unreal” amount of energy and/or skill.

2. What were the surroundings? People? Place?

3. What did you feel?

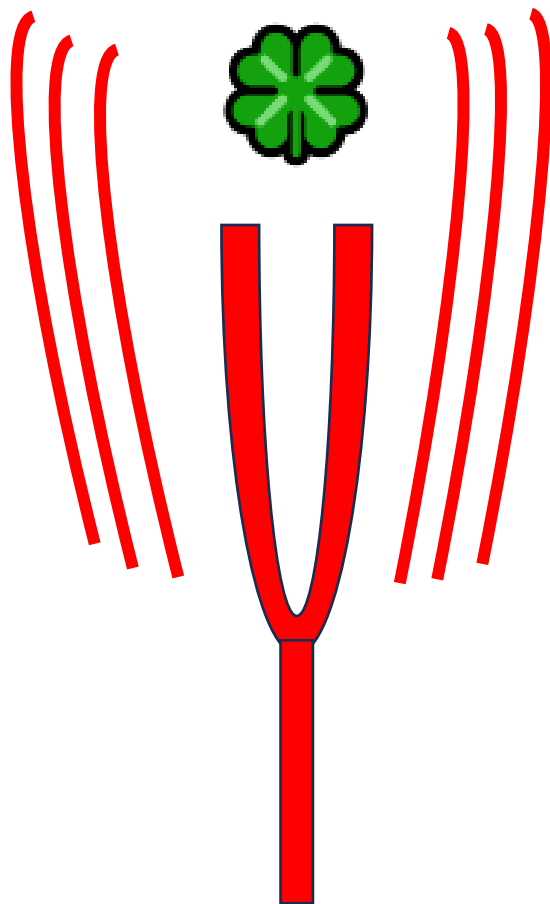
Before: _____

During: _____

After: _____

4. How will you get into that “place” in the future?

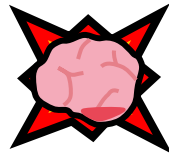
*When joy and good feelings permeate your life, practice,
and competition... good things happen.*



*Focusing and dwelling upon success creates
a vortex of more success*



The Mind... shapes reality;



Emotions... indicate the desirability of that shape.



Because joy has an evolved correlation with health, well-being, and successful decision-making abilities, we have evolved to be joyous beings.



10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

10.3 Personal Power of Qi: Swagger; Being Lucky; Being in the Flow; “It Happens.”

“I was on our middle school basketball team playing our un-beatable nemeses. We were down one, with little time on the clock, and our star missed his shot, and we lost the rebound. I was tripping over my loose shoelaces and stopped to tie my shoe as the others scurried down to the other end. I looked up. They also missed and we got the rebound. There I was under the basket to receive a long pass for a winning layup (Luck). I missed that layup three times before I was tied up and game was over (Unlucky). Later, I was teased endlessly. In high school I became a wrestler.”

1) Luck is being at the right place at the right time for the rebound, fumble, basket, penalty call.... to go “your” way. Subtle cognitive-emotional messages of *being connected, lucky, and in the flow* can readily be seen in soccer. How did a striker just happen to be in the right place at the right time for some “errant” ball to land at their feet where they can effortlessly kick it for a goal. Or how about a half-court “buzzer beater.” Or an eagle in golf. “Miraculous” plays that “just happen” and are seen every week.

2) An athlete must take credit for “luck” and “being lucky” because they did something very important... *they intended and allowed success to happen*. They didn’t force it. They didn’t have conflicting cognitive-emotional activities. It didn’t “just happen.” They intended success to happen with no belief (at that very moment) that it would not happen.

Describe a time or event you were “lucky.”

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



Qi



Intent
Page 192



It Happens

10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

10.4 Building Personal and Team Qi and a reality vortex of SUCCESS.

1) The significance of passing the ball, puck, or pearl in basketball, soccer, hockey, or lacrosse is an affirmation of your own reality of success! Also, the team when building their own vortex of success, that vortex keeps the competition in a “hole” and from realizing their own reality of success. When passing the ball, puck, etc., pass to each other as an *affirmation of your reality, feeling, and knowing of success*:

“This is our victory”

“This is our court” (even if away game);

“We dominate”

“Our success”

“ Our win”

“Our house and our ball”

(and the ball doesn’t bounce randomly; it bounces to us!)

Make up some affirmations you and your team can use when passing the ball (puck), or during a drill, play, move, etc.

2) NCAA women’s volleyball and softball teams exhibit a huge amount of team support, encouragement, and spirit. What can your team do to uplift each other into “quantum being”?

An athlete must take credit for “luck” and “being lucky” because they are doing something very important... they intend and allow success to happen.



*To reimagine and recreate your “best” performance
may not bring the “best” performance you are
capable of.*



10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



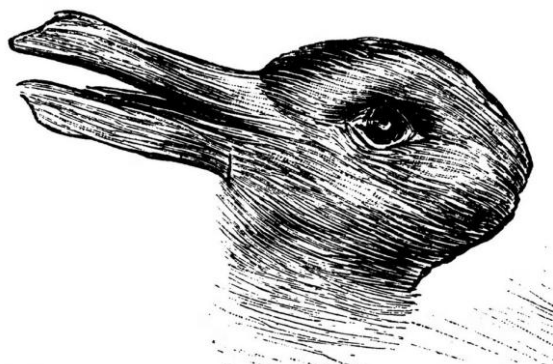
*Mindless
Instantaneous and
Explosive Action*

3) ***Dominate Resonance:*** When a dominating tuning fork starts vibrating, another weaker tuning fork will begin to resonate with that same frequency.

As a high school and college drafting instructor, I taught three-dimensional writing classes. That is, how to express 3D ideas and objects into a 2D flat format or assembly that then could be manufactured and brought back into 3D life. As a teacher, I had to inspect my students' 2D manufacturing drawings to “see” if they were following the required format. But many times, I would look at “their” drawings and get caught into their mistake and “see” theirs as drawn correctly. After I got caught into their illusion several times, I developed a procedure. Before even looking at their work, I would vigorously establish in my own mind the “proper and correct” drawing representation. Then I could bring them out of their “incorrect” illusion and into mine.

Do you see a duck or a rabbit?

Your opponent may want you to see a rabbit and you want them to see a duck. You see yourself as successful, your opponent sees you as a failure. You know you will get the takedown, make the goal, put, or score. Your opponent knows you can not.



(Picture may be subject to a copywrite. Further research is needed.)

1) Whose vibrational feeling of success will be dominate “this” contest?

_____ *Yours (feeling good!)* _____ *Theirs (feelings of despair)*

2) How many hours have you spent practicing the power and good-feelings of success?

Same as physical drills and practice _____ *yes* _____ *no*

Same as mental drills and practice _____ *yes* _____ *no*

10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



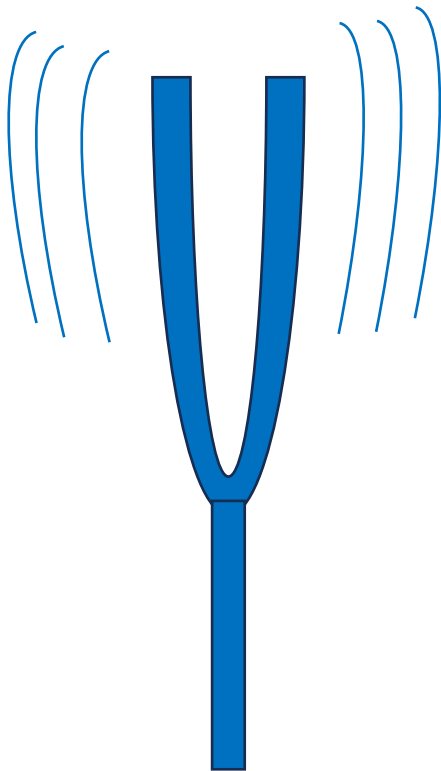
*Peaceful State of
“No-Mind” Potential*



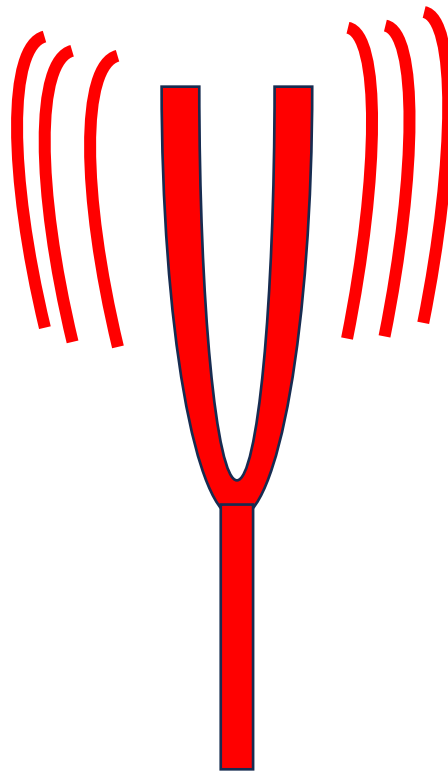
*Mindless
Instantaneous and
Explosive Action*

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

(Principle of dominate resonance.)



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



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

10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

10.5 Affirming a REALITY of success (with good-feeling emotions moods, attitudes, and feelings):

(Hear, see, feel, smell, touch, and taste “IT”)

When a basketball player makes a 3pt shot, they usually affirm their reality and feeling of success with a “3 finger salute.” An alpine ski racer can affirm the feeling of success with each hit of a gate. In your sport, how do you affirm your (goal, basket, shot, etc.) feeling and knowing of success?

Can you re-imagine and affirm your feeling of success....

In practice?	___ <i>Yes</i>	___ <i>No</i>
In pregame warm-up?	___ <i>Yes</i>	___ <i>No</i>
In the actual competition?	___ <i>Yes</i>	___ <i>No</i>

Are you in a good mood with an exciting anticipation of the coming contest?

_____ *EXCITED!* _____ *Nervous*

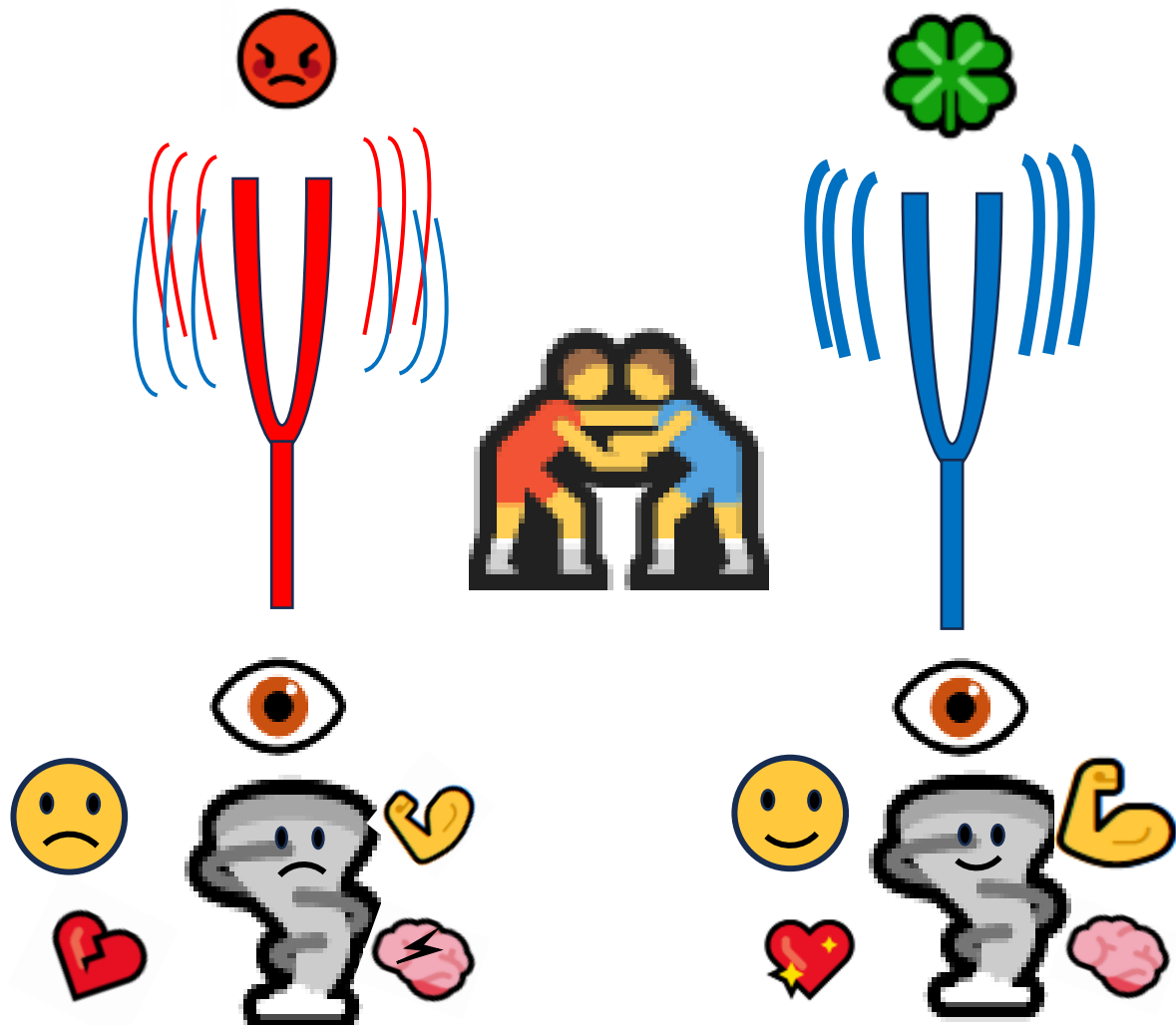
Many time in basketball pregame warmups players are “just shooting the ball” seemingly without any actual resolve or intent for success. Are they affirming success or failure? This is the time for extreme mental discipline, to get “into the zone”, “feeling “it”, and getting into the cognitive-emotional place of success. Pre-game/pre-race warmup is the time to establish one’s own, and the team’s symbiotic and internal cognitive-emotional dominance, confidence, and belief needed on the competitive field of play. During the very first few moments of a competition, are you performing with dominance or incompetence?

_____ *Dominance* _____ *Incompetence*

10.0 The Quantum Being and Personal Power of Qi

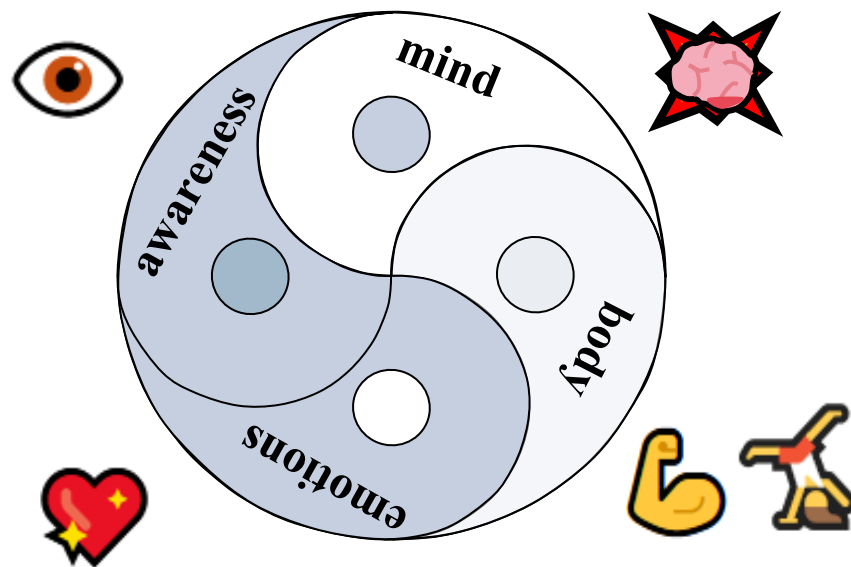


The outcome of a competition, or conflict in life itself, matches the cognitive-emotional state of being of the victor and the loser. The play of the game is just an opportunity to determine who has the greater capacity to remain in which state.



How reliable are existing psychological research studies, papers, and books in literature, sociology, psychology, medicine, philosophy, religion, and law if variation within a population's capacity for re-processing, re-structuring, and re-organizing their own cognitive-emotional dynamics is unaccounted for?

The mind precipitates the physiology that is perceived as emotions. Therefore, an athlete is always exercising the mind, body, and emotions at the same time. The question is: Do they know it?



10.0 The Quantum Being and Personal Power of Qi



10.6 Learn the Personal Power of Successful Being

1) Are you LUCKY?

Bad-feeling cognitive-emotional activities and intentions bring unlucky events....AND good-feeling cognitive activities and intentions bring about lucky events.



2) Synchronicity

Positive, good-feeling cognitive-emotional activities allow the rendezvous of people, places, and events in harmony with your intent.

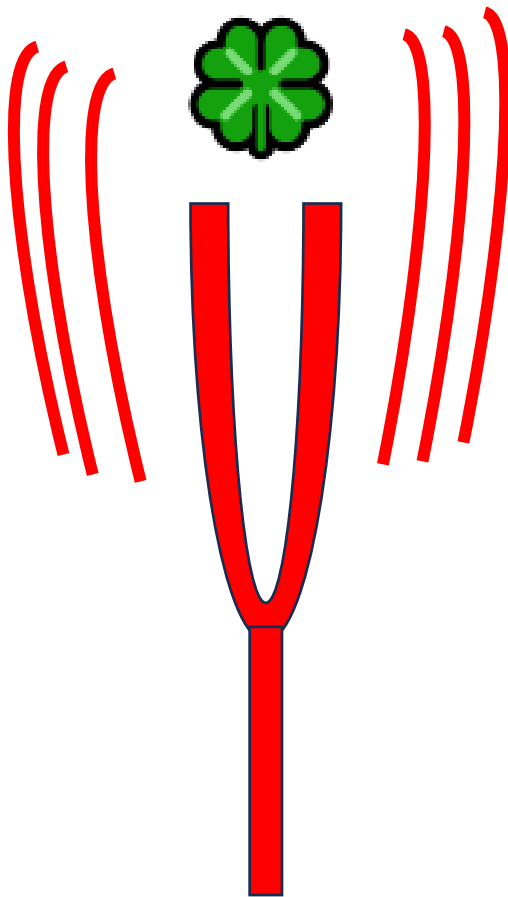
3) Cognitive-Emotional Awareness:

The mind shapes reality. Emotions indicate the desirability of that shape.

4) Champions Project Success:

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

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.



We are vibrational Quantum Beings (metaphor?) that “reach” through time and space, into the past and future.

10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

10.6 Personal Power of Success (continued)

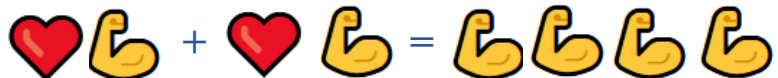


5) Intent, want, desire:



Resolve and determine to be successful. 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).

6) Synergy Relationship:



1+1= 2, 3, 4 or even more! “The whole is greater than the sum of the parts.” Learn the joy of working in harmony together to create something bigger than you could separately.

7) Symbiotic Relationship



Understand and utilize the mind, body, emotions, and consciousness cooperative and harmonious relationship. An athlete has their own internal “T” team to bring together for a fantastic and triumphant performance.

8) *An individual’s outward reality and experience are but a reflection of their inner cognitive-emotional state of being.*



10.0 The Quantum Being and Personal Power of Qi



*Mindless
Heightened and
Expanded Awareness*



*Peaceful State of
“No-Mind” Potential*



*Mindless
Instantaneous and
Explosive Action*

Section 10: The Quantum Being and Energy Vibration of Qi

Post-Test

(mark all that apply)

- An athlete must cognitively know and understand “reality” to be successful?
 True False
- An Olympic 100m runner was disqualified for anticipating the gun because the “computer” said he left the blocks too soon. Was he anticipating the gun or had he heard the gun?
 Anticipating Heard
- Can a defensive player “know” where the play is going before the offensive player?
 Yes No
- An athlete can create their own luck.
 True False
- An athlete can intuitively be in the right spot and the right time doing the right thing.
 True False
- Do you, as an athlete, “know you know” you are a successful being in all your adventures? Can you “feel it” in your bones?
 Yes No



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



Be It!



Appendix

Appendix A: Definitions: Putting Evolutionary Power and Energy Back into Words	209
Appendix B: Offense Actualization Play Sheet (Segment Intending).....	219
Appendix C: Defense Actualization Play Sheet (Segment Awareness)	222
Appendix D: Home Actualization Home Play Sheet (Segment Intending)	225
Appendix E: The Mountain Exists as We Were Taught	228

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.

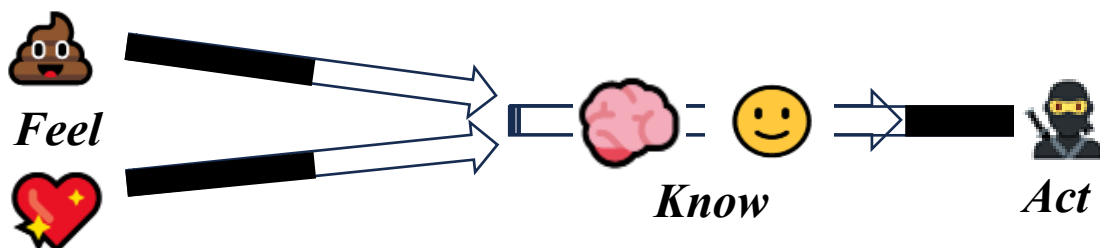


34) *Cultivated Actualization Process* 
 acting with intent, purpose, and awareness



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

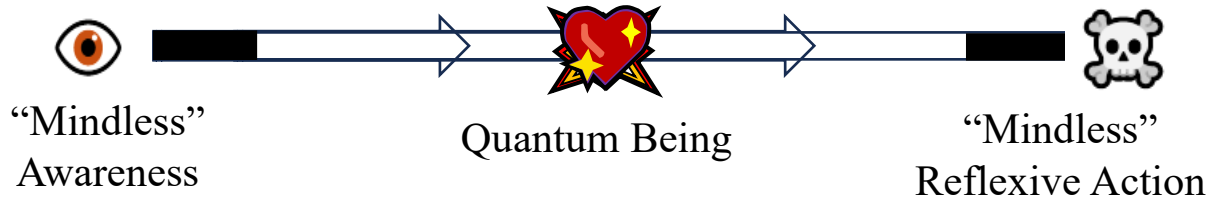
An athlete “feels something” in/with their body and the mind interprets that feeling into action.



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

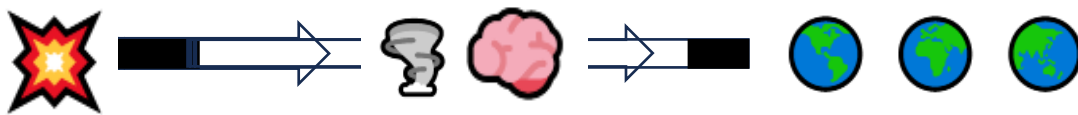


36) “Mindless” Awareness and Reflexive Action of Quantum Being
 An athlete “just knows” and “just acts”. Instincts; instinctive; reflexive.



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

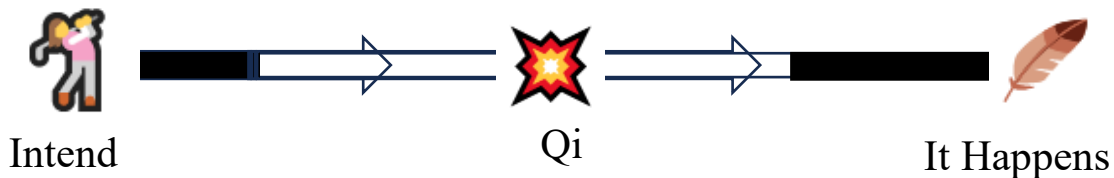
38) Personal Power of Qi



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 each play or move can be one single intent. First label each segment and its intent. Then did you... "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 ___

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 each play or move can be one single intent. First label each segment and its intent. Then did you... "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 ___

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

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 an emotionally 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 ___

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

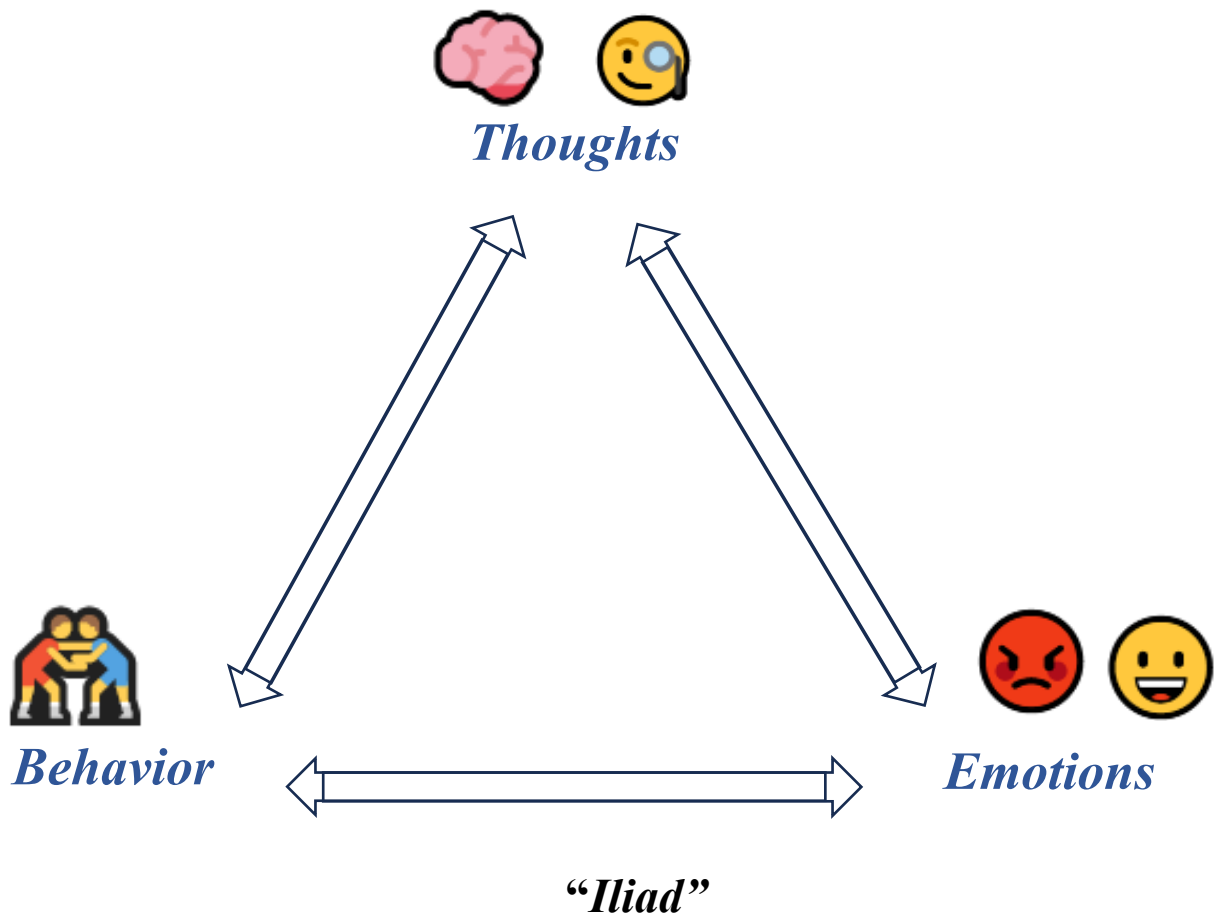
Revolution in Emotional Awareness

(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

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



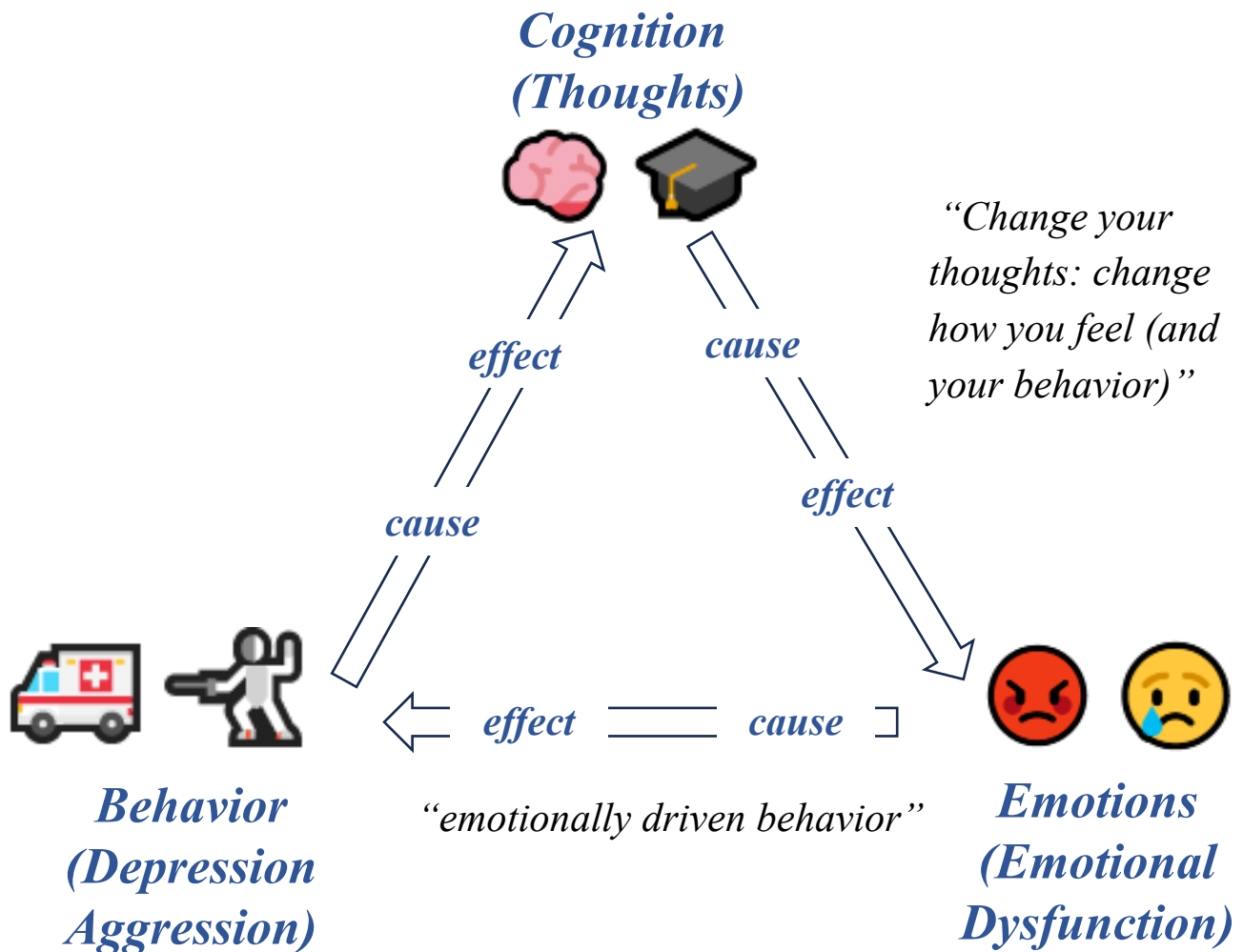
Homer’s “Iliad” opens with the line, “Goddess, sing me the anger [wrath] of Achilles, Peleus’ son, that fatal anger [wrath] that brought countless sorrows on the Greeks and sent many valiant souls of warriors down to Hades, leaving their bodies as spoil for dogs and carrion birds: for thus was the will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

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)

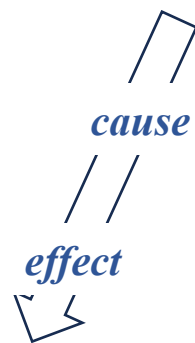
Cognitive Behavior Modification Therapies: “Change your thoughts and change how you feel (and your behavior).”

Appendix E: The Mountain Exists as We Were Taught

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 an imbalanced and unhealthy physiology susceptible to lethargic, weak and poor and ineffective decision-making prowess.



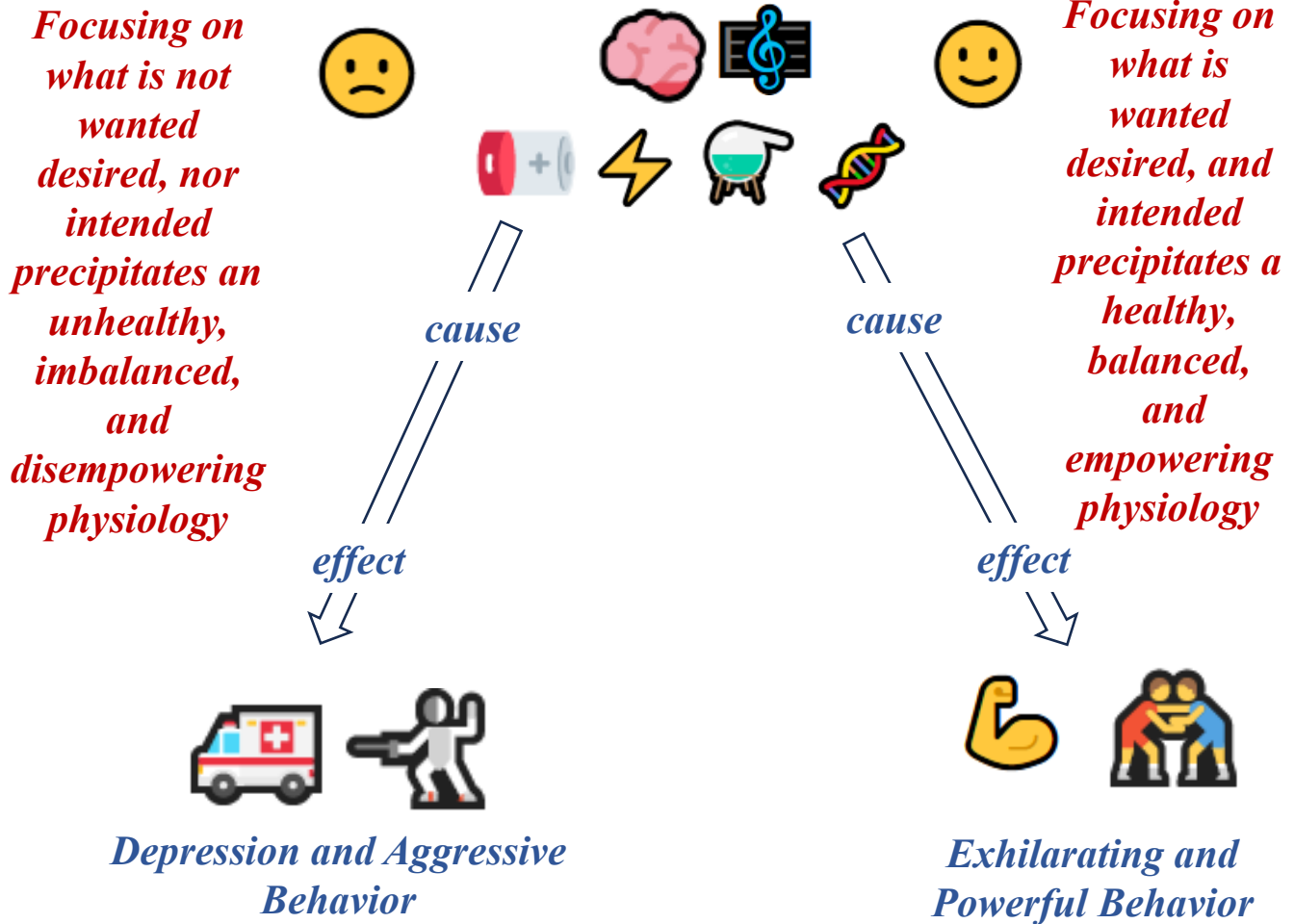
Good-feeling emotional awareness has an evolved correlation with a balanced and healthy physiology conducive to strength, power, agility and effective and successful decision-making prowess.

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

4) “Physiology-Behavior” Cause and Effect Chart

The brain is a highly advanced biological processor that orchestrates changes and states of neurology, biochemistry, and physiology

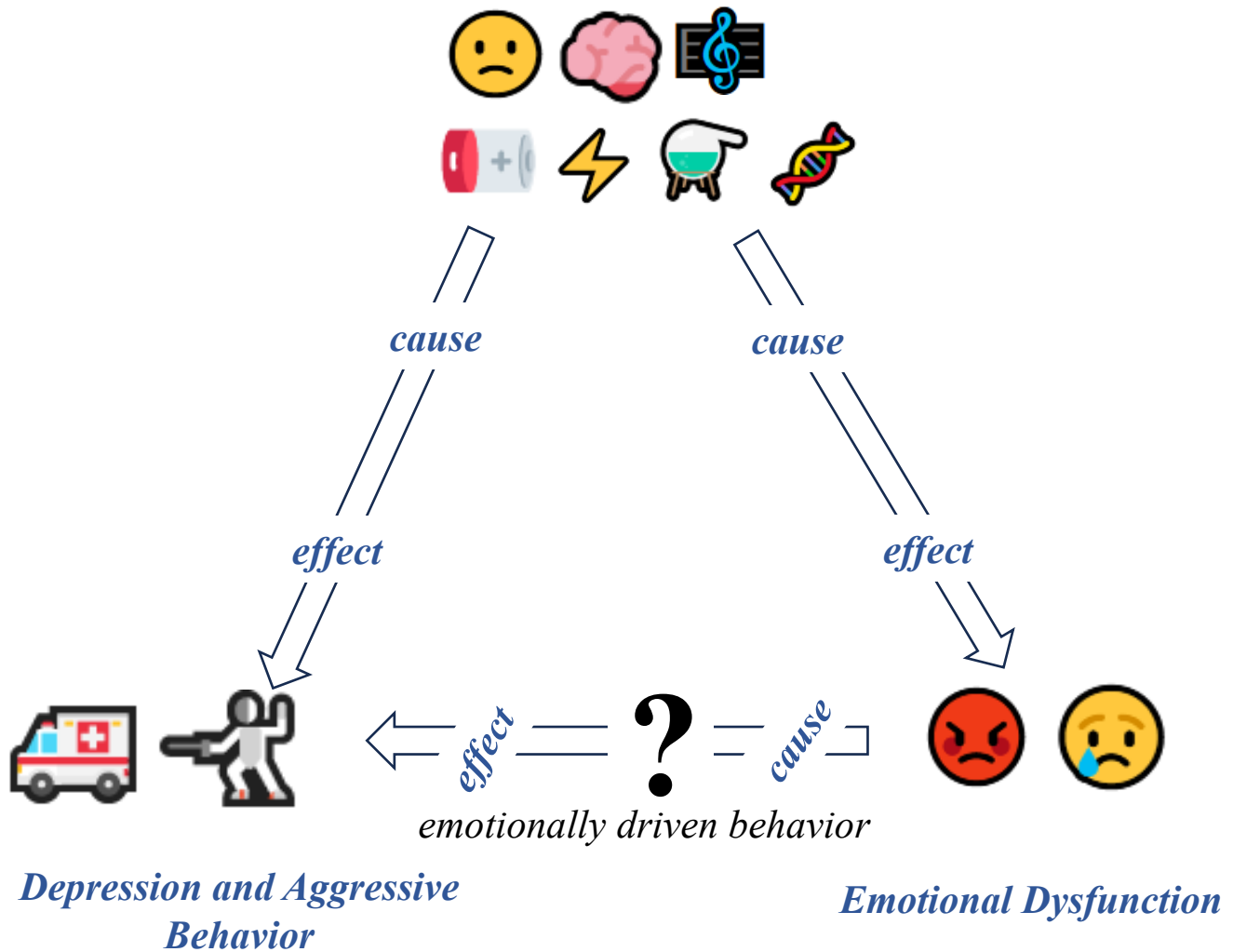


- a) **The brain is a highly advanced biological processor**
that orchestrates the changes and states of physiology that drive behavior
- b) **Bad-feeling emotions, moods, attitudes**
have an evolved correlation with lethargic, weak and poor and ineffective decision-making prowess.
- c) **Good-feeling 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

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

Focusing on what is not wanted desired, nor intended precipitates an unhealthy, imbalanced, and disempowering physiology



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

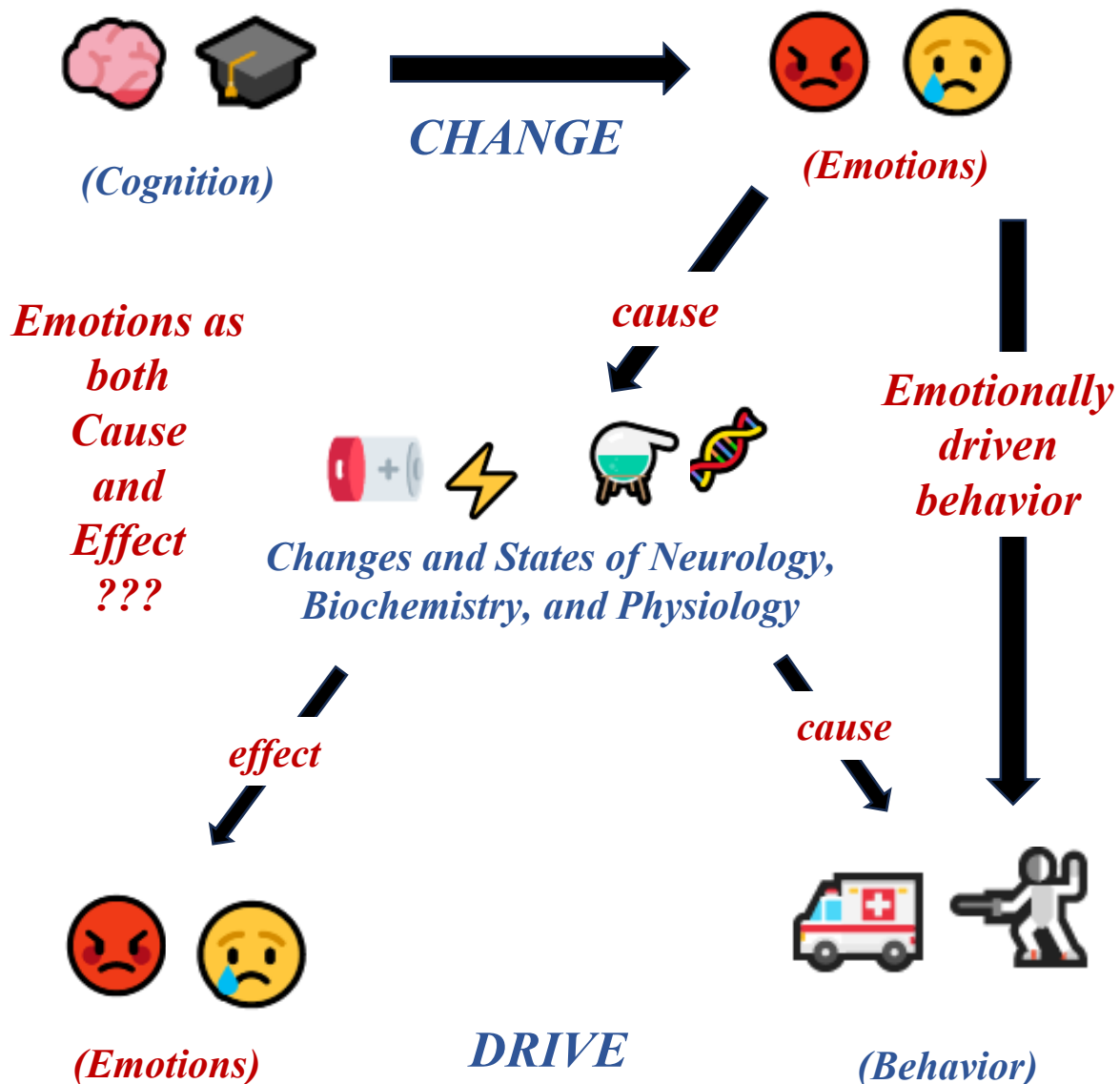


b) **Or both emotions and physiology? How do we diagram that?**

Appendix E: The Mountain Exists as We Were Taught

6) Illogical “Cognitive-Emotional-Physiology” Process Flow

Today’s psychology of emotional control, regulation and management through cognitive behavior modification therapies was developed from the belief that dangerous emotions drive destructive behavior.



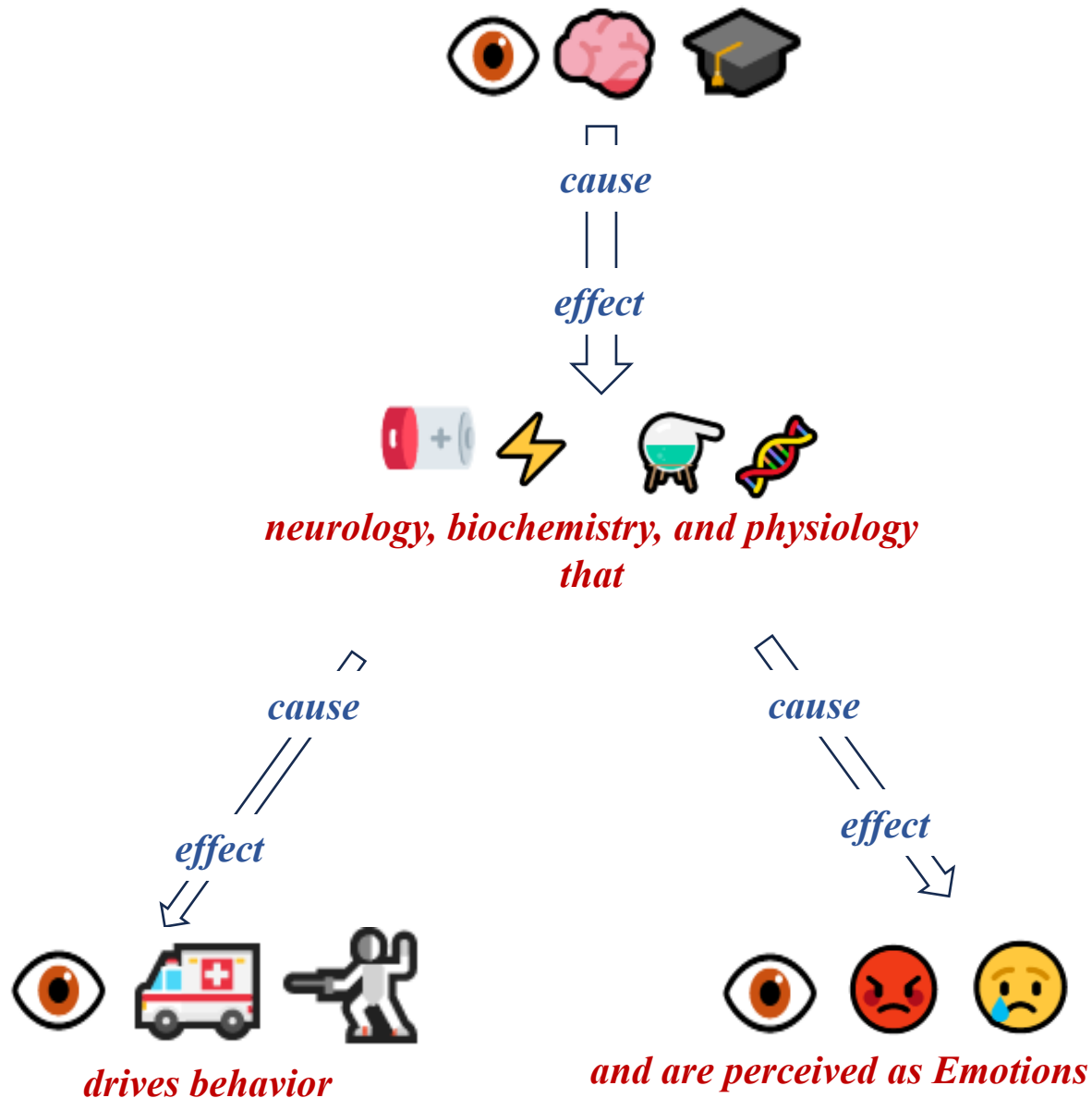
Our “modern” psychology of emotionally driven behavior was derived from 3000 years of language and literary linguistics of emotionally driven behavior as inscribed in Homer’s “Iliad” where Achilles’ wrath drove his destruction upon the Greeks.

Appendix E: The Mountain Exists as We Were Taught

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

Focusing on what is not wanted desired, nor intended precipitates an unhealthy, imbalanced, and disempowering physiology

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

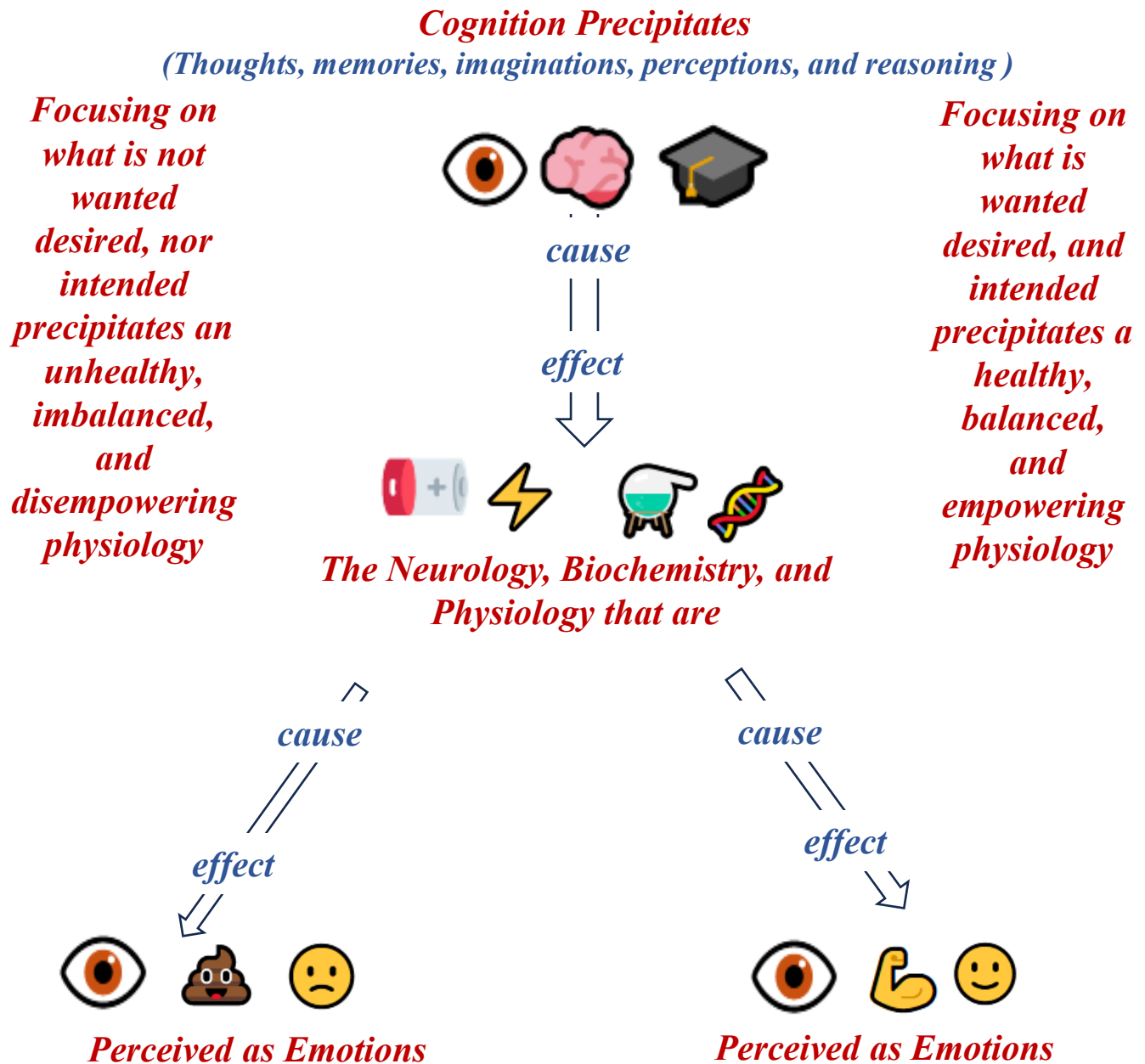


a) The mind precipitates the changes and states of biochemical and neurological physiology in the brain and body that drive behavior and are perceived as good (or bad) feeling emotions, moods, attitudes, and feelings.

Appendix E: The Mountain Exists as We Were Taught

Revolution in Emotion Awareness

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



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.*

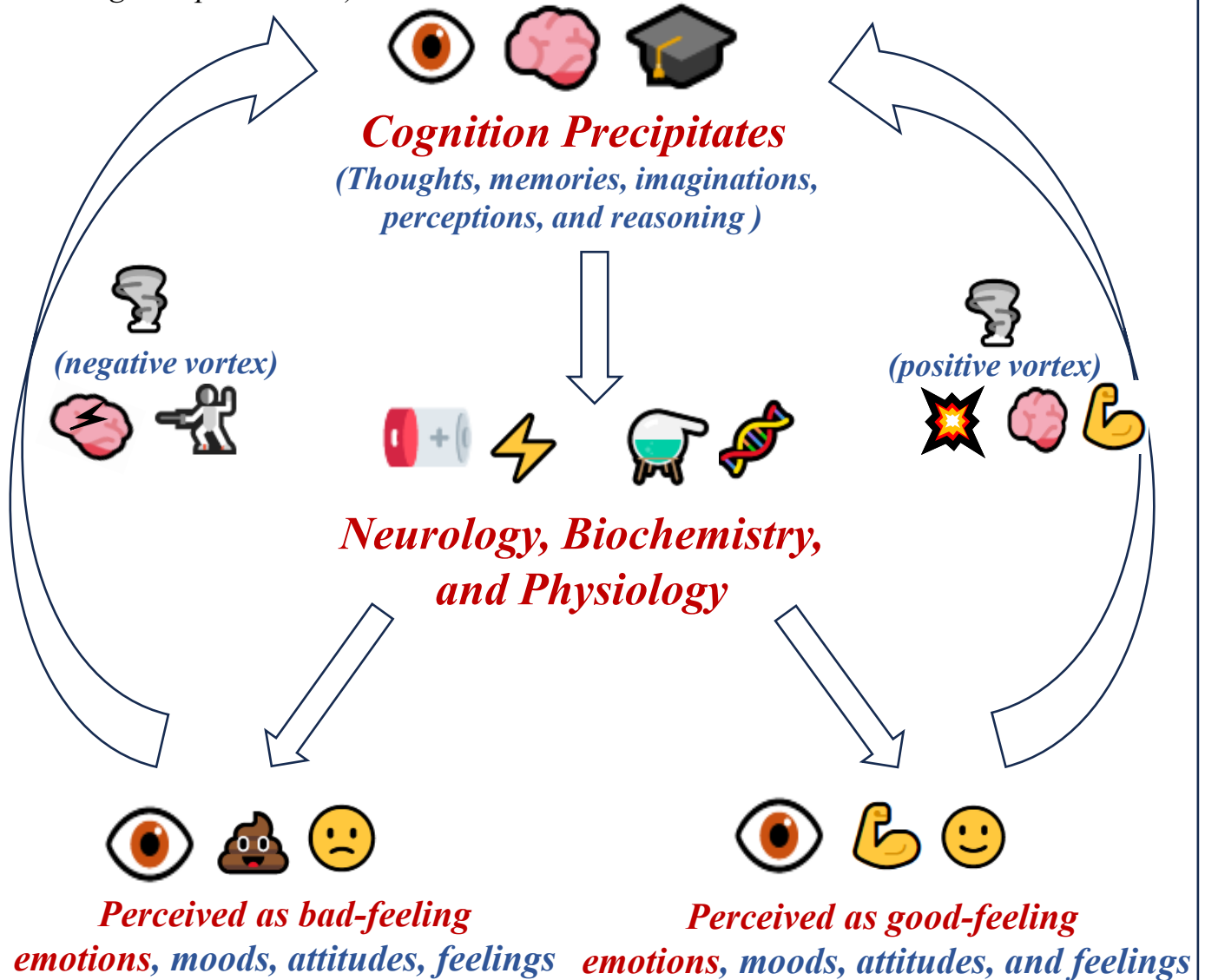
Appendix E: The Mountain Exists as We Were Taught

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)



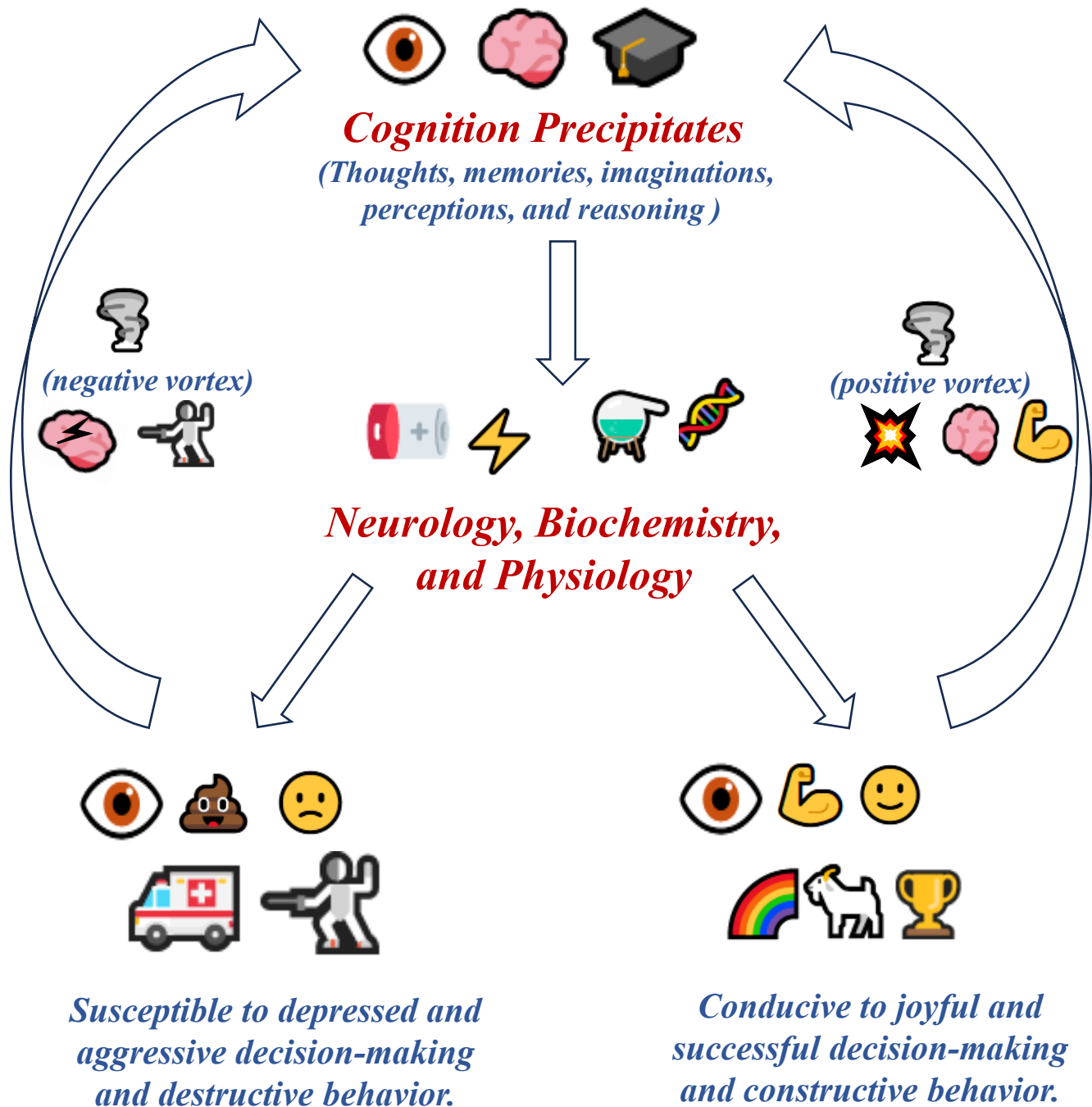
a) Emotions have evolved as a natural operate conditioning mechanism

- i. cognitive activities that precipitate a physiology conducive to health, well-being, and effective and successful decision-making prowess are reinforced with good-feeling emotions, moods, attitudes, and feelings.
- ii. cognitive activities that precipitate a physiology susceptible to 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 operate conditioning 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.*

Each athlete has a responsibility to be successful and re-process their own cognitive-emotional behavior into a healthy, more competitive, and better feeling place of strength, speed, power, agility, cunning, and successful decision-making prowess

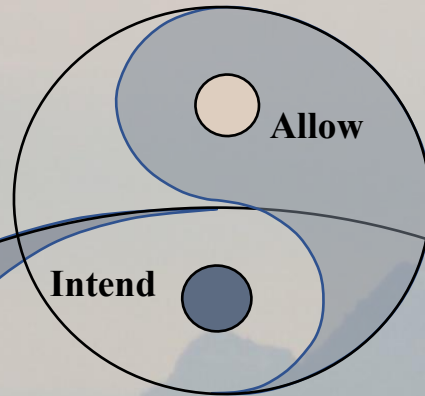
Emotions have evolved to be trusted in symbiotic harmony with mind, body, and consciousness and to guide and re-process cognitive behavior towards the joyous, good feeling emotions, moods, attitudes, and feelings indicative of a healthy, robust, and powerful physiology

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 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.

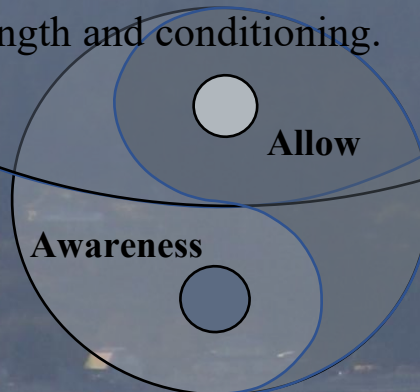
The greatness of the human life experience emerges from the flames of individual desire arising out of hell's fiery conflicts on earth. Intention is forged in these fires. Emotion aligns our journey with these new intentions. Each succeeding generation will have its own mountains to climb and waters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