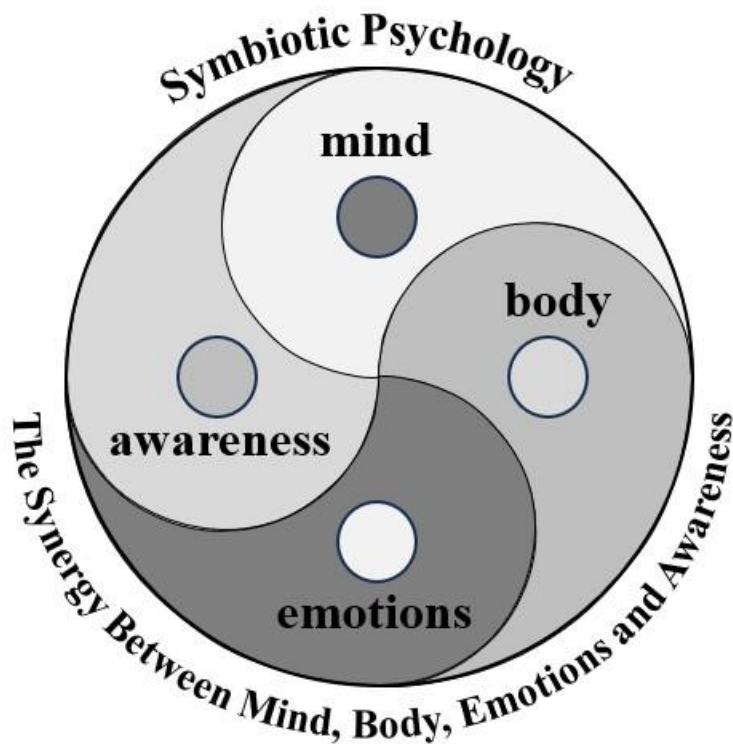


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# Five Essays Within The Heart of My Soul (rev2026-05-20a)

Andrew O. Jackson



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*Do not fixate on the broken and mangled hand,  
for it is indeed a soreness to any beholder.*

*The message is not within the hand,  
nor within the moon and stars at which it points,  
but rather lies within another Universe that surrounds us  
known only through its silent revelations.*

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## **Five Essays Within The Heart of My Soul (rev2026-05-20a)**

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All my work is dedicated to a promising young University of  
Wisconsin long distance runner who committed suicide.

Sarah Shulze (2000-2022)

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

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***Know, Understand, and Use Your Millions of Years of Cognitive-Emotional  
Evolutionary Heritage for Health, Well-Being, and Success (or Not)  
(rev. 2026-4-26c)***

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***Know, Understand, and Use Your Millions of Years of Cognitive-Emotional  
Evolutionary Heritage for Health, Well-Being, and Success (or Not)***  
*(rev 2026-05-20a)*

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

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

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

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

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

**Personal Understanding 4: Rather than cognitive-emotional pivoting off emotionally bad-feeling cognitive behavior, a person may have to “STOP” and mentally, just don’t go there.**

Maybe the best course of action is to distract oneself from those emotionally bad-feeling mental activities. Find and get into a safe place. Do the work and focus the best one can on any emotional good-feeling mental activities within that which is wanted, desired, and intended in life. Leave the bad-feeling, “not-wanted” reality alone until you have developed a strong, powerful, and balanced anatomy to deal with it.

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

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

Namaste

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



## **A Presentation in Emotional Wisdom**

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## **A Presentation in Emotional Wisdom**

Because of the brain's neuroplastic capacity, more advanced and intricate cognitive-emotional plot-lines in such works as Shakespeare only reinforce habitually used neuro-networks and strengthen even further the literary belief that dangerous emotions drive destructive behavior and therefore, emotions must be actively controlled, regulated, and managed by the mind.

But cognition, not emotion, precipitates the good or bad feeling physiology in the brain and body that drives behavior. Emotion is not causal to these changes and states of neurological, biochemical, and physiological being in the brain and body, cognition is! Cognition is causal and emotion is a perceived effect. Cognition precipitates the physiology that drives destructive behavior and is perceived as emotion. And it is these dangerous cognitive activities of the mind that are being controlled, regulated, and managed by scientifically proven, well researched, documented, and published evidence-based cognitive behavior modification therapies that utilize good or bad feeling emotional awareness to evaluate their effectiveness.

To the detriment of the health of our children and our society, psychological academia and language, literacy, and literary primary and secondary school educators are still neurolinguistically programing into their students the belief that dangerous emotions can drive destructive behavior and therefore emotions must be controlled, regulated, and managed, even with pharmaceuticals; all the while ignoring cognitive behavior modification therapies' well documented and evidenced based research and emotions evolutionary role to guide cognitive behavior towards health, well-being, and successful decision-making prowess.

1.0 There exists a symbiotic synergy between mind, body, emotions and awareness: instead of the masculine mind controlling feminine emotional body, emotions have evolved to empathically guide the mind's activities towards individual and societal health, well-being, and success.

2.0 Cognition, activities of the mind: the processes of awareness and knowing, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem-solving (APA, cognition), where understanding and comprehension can project future consequences and events. Cognitive activities of the mind include their product such as thoughts, memories, beliefs, perceptions, conceptions, imaginings, evaluations, discernment, and reasoning.

3.0 Emotions: the good or bad feeling perception of neurological, biochemical, and physiological changes and states of being in the brain and body precipitated by cognition.

4.0 Emotions do not drive behavior: cognition, not emotion, precipitates the changes and states of neurological, biochemical, and physiological being in the brain and body that drives behavior. Emotions are a perceptual effect of these changes and states of physiology. Cognition is causal and emotions are an effect. Although, with the cognitive perception and evaluation of emotions, emotions will then drive cognitive activities (which precipitates the physiology that drives behavior).

5.0 Emotional Evolution: Good feeling emotions, moods, attitudes, and feelings must have an evolved correlation with health, well-being, and successful decision-making prowess and abilities of a healthy and balanced biochemistry, neurology,

and physiology. Bad feeling emotions, moods, attitudes, and feelings must have an evolved correlation with the absence of health, well-being, and successful decision-making prowess and abilities of an unhealthy and imbalanced biochemistry, neurology, and physiology. If this were not so, humanity would not have survived the evolutionary mill. The modern equivalent would be a good-feeling drunk, joyfully stumbling into his car to drive across town during rush-hour traffic to buy groceries.

6.0 Cognitive vs Emotional Dysfunction: Cognition precipitates the physiological changes and states of being that are perceived as good or bad feeling emotions, moods, attitudes, and feelings. Cognition is causal, emotions are an effect. As vision accurately perceives "red" and not "green" as a true reflection of the seeing process, an accurate emotional perception of unhealthy physiology of the brain and body, even though extreme, is not a dysfunction. The linguistics of "emotional disorder", "emotional dysfunction", or an "emotional illness" are cognitive disorders, cognitive dysfunction, or a cognitive illness. Cognition, not emotion, must be controlled, regulated, and managed. But, the actual dysfunction is an individual's inability to naturally re-processes unhealthy emotionally bad-feeling cognitions into healthy emotionally good-feeling cognitions.

7.0 Cognitive-Emotional Therapy: Instead of cognitive behavior modification therapy where cognition is used to control "dangerous emotions" that drive destructive behavior, emotions are used to guide cognitive activities. If a thought doesn't feel good, it isn't (physiologically speaking) because emotionally bad-feeling cognitive behavior has an evolved correlation with an unhealthy physiology. Therefore, in cognitive-emotional therapy, negative, destructive, and bad-feeling cognitive activities are re-structured, re-developed, and re-formed into

healthy, good-feeling cognitions that correlate with health, well-being, and constructive, successful, and cooperative decision-making prowess and abilities.

8.0 Cognitive-Emotional Dysfunction - Hot-Stove Analogy: The awareness of pain from putting your hand on a hot stove initiates biochemical, neurological, and physiological activities in the brain and body to remove your hand. If this pain is camouflaged, repressed, or ignored, the hand will develop different degrees and biochemical signatures of "burnt-hand disorder". Typical depression, clinical depression, and suicidal depression (and possibly as well some bi-polar, psychotic, and schizophrenic tendencies) have an equivalent to "burnt-hand disorder." The biochemical signatures of these "emotional disorders and dysfunctions" are the result of ignoring one's bad-feeling emotional signals to "get your mind off of the hot-stove". These bad-feeling emotions, moods, attitudes, and feelings represent an imbalanced biochemistry and the necessity to re-structure, re-develop, and reform unhealthy cognitive activities into healthy, good emotional feeling cognitive activities that correlate with health, well-being, and constructive and successful decision-making prowess and abilities within a healthy and balanced biochemistry, neurology, and physiology.

9.0 Pharmaceuticals as a "crutch": As a burnt hand may need a simple salve to heal if the hand is immediately removed from the hot stove, more severe degree burns may need extensive pharmaceutical therapy, skin grafts, or worse. The same applies to such cognitive disorders as anxiety, depression, clinical depression, and suicidal depression where emotionally negative, bad-feeling cognitions are ignored, suppressed, or camouflaged with pharmaceuticals. Pharmaceuticals may absolutely be necessary. But hopefully the "damage" can be healed and repaired with cognitive-emotional therapy such that a person can naturally respond to their

emotional-feeling awareness (without the pharmaceutical crutch) to get their "mind off of the hot-stove" of depressive cognitive activities that precipitate "biochemical imbalances".

10.0 Cognitive-Emotional Health Education: Our primary and secondary language and literacy educators are neurolinguistically programming our children with a 3000-year-old psychology of emotionally driven behavior as inscribed in Homer's "Iliad" and sabotaging millions of years of cognitive-emotional evolution where emotions have evolved to guide cognitive-behavior away from negative, bad-feeling cognitions and towards health, well-being, and successful decision-making prowess and abilities. That is, negative, bad-feeling emotions have evolved to tell an individual, "Get your mind off of the hot-stove! You are depreciating your biochemical health, well-being, and successful decision-making prowess!" A feels-good, is-good (physiologically speaking) cognitive-emotional health education must be off-set with a cognitive-emotional awareness of cultural and society health and well-being. That is, having a new car may feel good, but obtaining one by theft has individual and societal ramifications that must be understood and be part of our educational process.

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

*Emotional Wisdom*

*A nation of peace, harmony, and justice cannot exist in a masculine psychology and literary linguistics of emotionally driven behavior and control, conflict, and suppression. Cognition, not emotion, precipitates the good and bad feeling neurological, biochemical, and physiological changes and states of being in the brain and body that drives behavior. Emotions are the perception of these changes and states of physiology. Our feminine emotional being has evolved not to be controlled, regulated, or managed by our masculine mind, but to empathetically guide cognitive behavior towards good feeling, healthy, and successful decision-making prowess and abilities.*

*Ancient Greek philosophers and today's academic dissertations of emotional suffering, slavery, and vulnerability exist only when cognitively dwelling upon the lack or absence of that which is wanted, desired, or intended. When these emotionally negative cognitive activities are re-processed, re-structured, and re-developed into emotionally positive cognitions, a being of emotional suffering, slavery, and vulnerability is transformed, transmuted, and renovated into a being of joy, freedom, and power with the imaginative, artistic, and creative mind necessary to fashion and manifest their wanted, desired, and intended world, reality, truth, and favored fortune.*



***Wisdom of a Champion: Let Joy Reign***

***(rev. 2026-05-01)***

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## The Wisdom of a Champion: Let Joy Reign

*The Grateful Red (the University of Wisconsin student section) are stomping their feet in appreciation for the skillful play of their basketball team. Team execution has reached a new level of excellence. Every shot is dropping, even more bizarre and – amazingly – a teammate is in the right spot for every loose ball, block, rebound or steal. There's electricity in the air. It feels good! It feels great! It is wild. This didn't just happen for team member and fan alike; it began with a positive good emotional feeling that grew and then exploded, lighting the nets on fire!*

Evolution advanced a correlation between feeling good and a well-balanced and vital body. Emotional awareness of this, either consciously or unconsciously, meant survival. Those who acted without this understanding did not survive. Playing without joy means the body is not in a prime neurological, biochemical, and physiological state and does not have the harmony to excel and perform at peak abilities. To physically compete at a peak physiological state of being, the emotional state cannot be negative, which means that consciousness must direct cognitive activity towards joyous being.

The mind-body-emotional game of any contest is about having the discipline to use the mind and all its cognitive abilities to find, focus on, and use the presence of good feeling emotions that proclaim a synergistic harmony of mind and body and being in the zone. “Do you feel it?” “It” is this mind-body-emotional zone of confidence, momentum, within an undercurrent of *knowing* success.

A player cannot be at their best having an emotionally negative state of mind. Negative emotions mean that a well-balanced and vital body is *not* physiologically present. A neurological, biochemical, and physiological disharmony, felt through emotional dissonance, manifests directly from cognitive dissonance. Eye-hand coordination will be off. Touch will be off. Execution will suffer. Mistakes are inevitable. Emotional negativity leads to injuries when the body is stressed and pushed to its limits during competition because the mind and body are biologically not working together as a unified whole.

The mental game of being in the zone, creating momentum, being connected and having confidence is about *emotions*, about *good feeling emotions*. There is no mental game, there is no mental focus, there is no confidence, there is no success, unless the emotions and feelings collaborate and acknowledge it. The mind, body, and emotions must work together as a synergistic whole – as the proverbial team – to bring forth an athlete’s best performance. This mind-body-emotional game is about cognitively bringing forth a passionate belief of success, which also brings forth, by evolutionary necessity, the correlative physiological and biological foundation for success.

How much time in the offseason has been spent in the gym to get the body physically ready for a long season of competition? How much time has been spent training one’s cognitive abilities to enter and sustain the emotional feeling of confidence and knowing of success and its correlative physiological and biological harmony? An athlete can easily name ten key conditioning and skill exercises to develop the body. How many athletes can prescribe ten cognitive-emotional exercises they use to enter and to sustain the synergistic harmony of mind, body, and emotions necessary for success (see **Section 7.3 Super-Hero Cognitive-Emotional Re-Processing Gymnasium**).

Every moment throughout every day is an opportunity to train and practice moving into a better and better feeling place of success. Every negative emotion is an opportunity to create a more powerful, emotionally positive mental attitude. Winning starts when each negative emotion is used as motivation to find a thought that feels better. Each of these successes helps develop the mental gymnastics required to respond to an evolved cognitive-emotional bio-feedback mechanism with intent and purpose. The cognitive-emotional bio-feedback mechanism gives constant feedback on whether a player’s head is getting into their own game of success or the opponent’s game of your failure. The question is, “does an athlete have the discipline to listen and the skills and training necessary to make the cognitive adjustments needed when the competition demands them?”

The mind-body-emotional play of competition starts long before the actual game begins and must continue throughout any competition. Championships are lost because cognitive-

emotional bio-feedback gets distracted from the final outcome and is sidetracked into the pregame publicity of yesterday's success. Winning feels good but a tournament isn't over with the semi-finals. A race isn't won in the preliminaries. The competition isn't over until it's over. Now is the time for real mind-body-emotional discipline; to use the mind and its cognitive abilities to focus on, to recreate, and then to maintain an emotional background of previous successful competitive endeavors.

*As I was walking through a grade school gym where I was substitute teaching, a very young and small boy wanted me to watch him shoot a basket. Amazingly, with his limited ability, he shouted with glee as his shot just hit the rim. He looked at me beaming with a smile, obviously very proud of his success, and proclaimed, "it almost went in!" He had found the emotion of success where most would have only discovered failure.*

Any moment of brilliance within the smallest of actions where "I feel It," are all mind-body-emotional states of previous successes. It is a time when that felt good! **Section 7.3: "The Super-Hero, Cognitive-Emotional Re-Processing Gymnasium"** contains areas of training to recreate these mind-body-emotional states as the fortification from any barrage of doubts, fears, uncertainties, and questions presented by an upcoming event. Recreate these mind-body-emotional states as a defense from the lure and illusion of a victory that doesn't yet exist. Recreate these mind-body-emotional states as a reaction to any doubt and fear that squelches any inner harmony, peace, and enjoyment of competition. Recreate these mind-body-emotional states as an offense to the opponent's barrage of jabs, hits, and punches to assert their dominance. Cognitive-emotional training starts in the off-season at home and continues each day and through each practice and right into the locker room and onto the court and throughout the game. Half-time is but an opportunity to reaffirm the joyous mind-body-emotional synergy of success. Too many half-time talks by the coaching staff disconnect rather than reinforce each individual's and the team's connection to strength, agility, coordination, and power.

*"If there are any doubters who don't believe that we are going out and taking over the second half and winning this game, you can stay right here. We*

*do not want you. We do not need you.” University of Wisconsin football player  
halftime speech to the team (paraphrased).*

The audience may be watching and emotionally reacting to the action on the basketball court, but the real plays take place in the minds and hearts of each athlete. Which athlete is going to maintain their knowing of, and feeling of success? Which athlete will rise and overcome each challenge on who owns this ball, these nets and this court? Which athlete will first feel the frustration of a missed shot or stolen ball or an opponent’s score, and which team will first succumb to the gnawing fear of doubt? Every move and pass before a shot on goal are moments strategically utilized to assert self-confidence and domination. Pass the ball around to set up a shot but also to break down the opponent’s mental resilience and to assertively demonstrate to them that “we” control this game. We own this game. We are enjoying this game. Our bench is enjoying this game. We are winning this game no matter the current score. “Do you feel it? Good! Take the shot.”

Emotions are responses to all that activity going on between the ears. They are an ever-present coach that lets each athlete individually know where their mind’s activities are heading. The better the feeling, the more mental activities are in *your game*. The worse the feeling, the closer mental activities are to getting lost in your *opponent’s game*. The question is, how much time and energy has been devoted throughout an athlete’s career to understanding and appreciating the cognitive-emotional game necessary for success?

Any break in the action, and within a needed time out to break their momentum, provides a moment to utilize the months and years of cognitive-emotional training and exercises. Stop and step up the emotional staircase. If in despair, move up into anger; if in anger, move up into frustration; if in frustration, move up into hope; if in hope, move up into the joy of believing; if in the joy of believing, move up into the excitement of knowing success! “A time out is an opportunity to get *your* mind, your body, and *your* heart into the successful outcome of *your* event. If you learn how to take the time to own each competitive event and to make those moments in time joyously yours, then any event throughout life can bring joy and must become successful.



*Escape From Alcatraz*

*(rev. 2026-05-01)*

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## **Escape from Alcatraz**

Dear POW,

POW (prisoner of war) is traditionally a designation for those captured and retained within a military campaign of a war in the traditional sense. But there have been no Congressional Declaration of War by the United States since WWII. Yet many of our military personal have suffered, died, and have been captured in undeclared wars ever since. I offer no disrespect to all those honored heroes. I am acknowledging another war, the war beneath the surface from which all military campaigns emerge as well as the undeclared war waging in our streets every day.

Within this war there is a conflict of ideas and beliefs. Within our society punishment is seen as “justice” for a “crime.” Punishment is not justice. It is not a Truth under a loving God. Crime and punishment for a crime are socially accepted concepts fabricated to control a lesser people of God. It is an idea and a belief given an illusion of validity and power to dominate and enslave a lesser culture of God. I am writing to you to help you break this illusion of acceptable behavior of a society that has fallen into a coma.

Punishment is not justice because we all have within our brains the neuroplastic capacity to change, grow, and realize a new reality where we feel and are eventually treated as better people than we are now. There is a war of cultures. One is an ideology that believes in self-righteous power and domination over a “lesser people of God” and which will manipulate and twist any ideology to advance their dominion. Their desire is to subjugate another ideology that believes in empowering and raising up all peoples of this planet because we all are children of God with the rights of life, liberty, and the pursuit of happiness.

An incarcerated human being is a POW within a war of ideologies. One ideology teaches how to love and embrace humanity so that we all may enjoy this life on this planet. The other ideology does not care about other people and beings. It sows hate and fear that we wage

violence upon each other. It is a belief that the spoils of this planet are only for the favored and deserving few. As a prisoner of an undeclared war and I honor your faith and belief in a better world. You are in a fight to the death because only one reality is triumph within your heart. Which reality will you embrace, and which reality will you let die?

We need to stop squabbling among ourselves for that is their desire. Who are they? They are the tyrants in our circle; the circle of reality we have created and are now living. They are the ones who dominate us and plant the beliefs of violence and torture that we must suffer and die. They are the ones who wish us to give up and become one within their circle of aggressors. We need to stop the squabbling within ourselves for “they” are also the ideals, beliefs, and values that live inside our minds. They are also us. Look at those walls and bars around you. Do you see a prison, or do you see a playground? These tyrants can be our greatest allies and teachers, our keys to freedom. Or we can join them in our greatest defeat and become one of their instruments of lies and deceit.

This is guerrilla warfare.... you are on your own. There is no society to save you, no Super-Hero to break down your prison walls and stamp out your oppressors. You must be your own Super-Hero. You must stop accepting the validity of their justice and their definition of who and what you are. You must be the creator of greater justice and no longer be a victim of unlucky circumstances. Become the creator you were born to be. Create your life of liberty and pursue, not your anger, not your jealousy, not your envy or revenge, but pursue your happiness and joy. Joy is the true inheritance that exists for you. But you must believe in it and claim it as yours.

I'm sorry you are a prisoner here, at this time, and at that place. It's not where you want to be. But it is where you are. I hope these words I am writing will make your life easier for you. When I was in El Paso County Jail, trying to make the best of a bad situation, you know, making lemonade out of lemons, my wife began telling all her friends, “he likes being in there.” But you must make the best of a bad situation. You must make the best of the cards you are dealt. She came to visit me.... once....to have me sign a paper saying I was mentally unstable and at the same time told me she was getting a divorce. A guy would like a little sympathy from his wife, but it may not come. All the sympathy I was getting for uprooting my life and moving to El Paso

for her career was a few tenderizing moments from my friends in blue and an inmate friend of mine.

That was another lifetime, another life I was then living. It all changed when I took responsibility for my life. My circumstances for being in jail were not my fault, but they became my responsibility. As long as I was a victim, as long as I got angry and blamed God and who knows who..., as long as I looked everywhere but within my own heart and soul, I was going to remain in prison....

I am now looking out my window at a cold Wisconsin winter's end. It is cloudy, and the leafless trees make a bleak silhouette against the gray and dark sky. I love the freshness of the cold and the brilliant whiteness of winter's snow and the stillness of our frozen lakes. It is a very quiet time of year, a time of hibernation, but also a time of exhilaration. Spring will be here soon, and everything will be turning green, the leaves will be coming out and the birds will be returning with their happy songs of cheer.... I am happily married. We met in the want ads about 18 years ago.

Life did get good for me. I got out of jail, cured my mental instability and I have been having some good times boating on the water, watching football, and having barbecue cookouts with our friends. I changed my life and if you listen closely, you will walk out of that cell and find your own good times with friends and family.... If you desire, I can share with you a plan, a path on how you can escape from the worst of prisons, even those worse than the infamous Alcatraz...those within your mind. Let me know.

Passionately,

Andrew O. Jackson

Reference:

Jackson, A.O., (2024) Cognitive-Emotional Health Education: A Primary and Secondary School Overview. Symbiotic Psychology Press (53,700 words).





***Criminal Law and Justice: A Constitutional Challenge***

***Amendment I: Freedom from Cruel and Unusual Punishment***

***Amendment VIII: Prohibiting the Free Exercise of Religion***

***(rev. 2026-05-01)***

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*If philosophy, religion, science, and law are ignorant of what drives human behavior and decision-making, how can there be but laws of ignorance and injustice (and disorder, conflict, and crisis)? Justice founded upon falsehood is itself false and unjust.*

***Criminal Law and Justice: A Constitutional Challenge***

***Amendment I: Freedom from Cruel and Unusual Punishment***

***Amendment VIII: Prohibiting the Free Exercise of Religion***

Law and justice within our society are founded upon a false psychology of emotionally driven behavior. Punishment guidelines are erroneous because the current comprehension of punishment is based upon an erroneous understanding of cognitive-emotional behavior within human psychology. Also, the statistics of recidivism that exist only exist because of this ill-founded knowledge of human behavior. Punitive requirements cannot be based upon current statistics because punishment and recidivism based upon a different psychology – one that more accurately portrays the cognitive-emotional neurological, biochemical, and physiological foundation of human behavior – will create different statistics. Current statistics now based within a mistaken psychology of human behavior cannot reflect behavior grounded within another, more accurate psychology.

Finally, what is the philosophical intent, objective, and foundation of justice? Is the intent of law to punish or to reform and prevent future criminal endeavors? Why is law and justice disregarding the brain's neuroplastic capacity for change? The neurology that supported and made the circumstances, events, and criminal behavior real yesterday, can change such that with new and different biological neural networks, those circumstances, events, and behavior no longer have a supporting neurological foundation for existence tomorrow. At the very least, an America based on life, liberty, and the pursuit of happiness must decide: should laws of justice reinforce a person's capacity for criminal behavior or diminish this capacity?

## 1.0 Current Justice, Punishment, and Recidivism

*The neuroplastic networks in the brain that supported a reality and the cause of violent behavior yesterday, those same neural networks have the physical plasticity to change today and will no longer have the capacity to support that violent reality and behavior tomorrow if a person's cognitive-emotional re-processing skills, abilities, and understandings are developed to do so.*

Current justice, punishment, and recidivism are based on a psychology of behavior where emotions drive changes and states of human physiology and subsequent behavior. This is a false premise (Jackson, 2026a). Emotions perceive neurological, biochemical, and physiological changes and states of being precipitated by cognitive activities. The foundation of human behavior is not emotional, but cognitive. The power of consciousness lies within its choice of cognitive activities (perceiving, conceiving, remembering, reasoning, judging, imagining, and problem-solving (APA, cognition)). Should justice support or hinder or even negate the structure of an individual's power and capacity to wisely choose its cognitive activities from which outward acts of behavior germinate and sprout?

Laws of punitive justice for a crime are inhumane because they lack the intent to change an individual's cognitive-emotional dynamic behavior towards health, well-being, and successful decision-making prowess. Or is that not the intent of our Constitutional justice? Does our Constitution define justice as punishment with an intent to inflict pain, suffering, or hardship upon an individual? Or should Constitutional justice be understood and defined with the intent to empower cognitive-emotional behavior for the health, well-being, and success of the individual

and society in which we live? Should our Constitutional criminal justice system be an extension of religious “an eye for an eye” or is justice served by entrusting individuals with the training, skills, and understandings necessary to make better choices for themselves throughout their lives?

Current human behavior modification is based on the erroneous psychology of cognitive-emotional behavior. Also, punishment as “justice” for a crime denies the science of neuroplasticity. Neuroplasticity is a concept where the brain rewires itself reinforcing habitually used neural networks and weakening those less used (APA, neuroplasticity; Costandi, 2016, Doidge, 2015). This rewiring results in new interpretations of old awareness. Thus, a reality that once manifested criminal behavior may no longer exist if an individual is given the skills, abilities, and understandings to make it so. Where is justice within a design and intent that reinforces the psychology of the mind that encourages, and leads to continual criminal behavior and diminishes acts within God’s favor? Current justice in The United States is based on Judeo-Christianity. Is this reasonable when these religions have an illogical and false comprehension of human cognitive-emotional dynamics and the human cognitive-emotional re-processing control mechanics? Justice under God is one that creates the conditions that will honor the psychology of a neuroplastic mind where neural networks that supported a reality and the cause of violent behavior yesterday can change and no longer have the capacity to support that violent reality and behavior tomorrow.

The text, “*Cognitive-Emotional Re-Processing Control, Cultivation, and Education: The Linguistic Semantics of Cognitive vs. Emotional Dysregulation*” (Jackson, 2026a) provides a

basic understanding and awareness of the necessary theory for a prisoner to forge a new identity and to recreate a new life. “*Cognitive-Emotional Health Education: A Primary and Secondary School Overview*” (Jackson, 2024b) provides a basic understanding of the tools that are a necessary part of prisons if we, as a society honor our Constitutional freedom from cruelty and laws respecting the establishment of religion or prohibiting the free exercise thereof. (These texts are freely available as PDF downloads at: <https://symbioticpsychology.com/>)

The scalpel to dissect and to lay aside the flaws within contemporary justice lies within the scientific concept of neuroplasticity. Neuroplasticity is a scientifically proven concept which outlines how the brain can rewire itself and form new realities. Every “criminal” has the physical attribute of neuroplasticity and has the capacity to change and to be a different person than the being who committed a crime. A criminal justice system that does not recognize this possibility but actually creates conditions to inhibit and retard any possibility of individual neuroplastic transformation is not justice. And can such justice not be defined as “cruel and unusual punishment” from which the Constitution protects us all?

*A law based upon an illusionary psychology is delusionary and denies an individual's*

*Constitutional protection to be free from cruel punishment.*

To use the concept of neuroplasticity to repeal inhumane justice, the erroneous beliefs within emotionally driven behavior must be dispelled. Emotions are an evolved sensory system, akin to the sense of pain, designed to be used by consciousness to guide the internal cognitive behavior which leads to external physical action. This new paradigm – where emotions are an

evolved biological sensory system that perceives physiological states and changes precipitated by cognitive activities – is developed in *Cognitive-Emotional Re-processing Control, Cultivation, and Education: The Linguistic Semantics of Cognitive vs. Emotional Dysregulation* (Jackson, 2026a).

Should laws of criminal justice not cultivate the conditions that reinforce a life and culture of health, well-being, and success? Criminal justice based upon punishment and hardship without an educational path for cognitive-emotional awareness, understanding, and realignment is constitutionally cruel and unjust punishment.

Criminal law operates within an archaic knowledge and understanding of humanness. This knowledge must be updated in educational institutions of law and incorporated into any proper and scholarly discussion of criminal sanctions. New advances in psychology provide new understandings of the actual harmful effects of incarceration presently deemed appropriate justice for a crime. Justice designed to reinforce, maintain, and structure a neuroplastic mind of violence and crime is not justice, but an abomination.

## **2.0 The Constitutional Challenge**

Current understandings in the physiology of cognitive-emotional psychology have not been integrated into the fundamental laws of criminal sanctions and the understanding of justice. Although those who condone current practices of incarceration may defend them as proper and constitutionally acceptable, I will argue that in the absence of programs and a culture to teach, educate, and train an incarcerated population towards a cognitive-emotional

psychology of health, well-being, and success, that these practices without cognitive-emotional reformation education (1) should be understood as laws of cruel punishment and (2) should be understood as laws limiting and even prohibiting the free exercise of religion under the Constitution of The United States of America.

### 3.0 **ARGUMENT 1: Punishment and The Neuroplastic Brain**

Neuroplasticity is the concept that the brain has the capacity to rewire functional areas of itself because of new experiences thus providing for a capacity within a human being to cognitively reinterpret life experience and to reform a previous self-destructive existence (APA, neuroplasticity; Costandi, 2016, Doidge, 2015).

3.1 **A Culture of Punishment and Incarceration:** The current culture of punishment and incarceration, that is, one without a cognitive-emotional reformation agenda, will reinforce and maintain a cognitive neural circuitry of criminal behavior. That is, the learning experience within this environment tends to accentuate the existing neural circuitry of the brain that has led to an existing criminal interpretation of life experience. This reinforced criminal interpretation of reality diminishes and even prevents an individual's religious freedom to exercise behavior within God's favor. (Reference: Constitution Amendments I – free exercise of religion)

**3.2 Reinforcing a Criminal Reality:** Current criminal laws of crime and punishment that reinforce a person's criminal interpretation of reality and tend to further convolute their intent, rational capacity, and self-control are cruel. These laws may be common, but this does not differ their cruelty and brutality to deconstruct a human's capacity to re-process cognitive-emotional behavior for successful living in our society (Reference: Constitution Amendment VIII – cruel and unusual punishment shall not be inflicted)

#### **4.0 ARGUMENT 2: Emotions as Effect and Cognitive Control Theory**

Symbiotic psychology (Jackson, 2026a) redefines an evolved emotional neural circuitry as a circuitry of perception of the body's neurological and biochemical physiology precipitated by the mind's cognitive activities. This means that the neural circuitry of emotional behavior has an evolved function to guide cognitive behavior and physical activity towards the desirable aspects of life, such as health, well-being, and success. Emotions have naturally evolved to lead physical and cognitive behavior towards life, liberty, and the pursuit of happiness.

**4.1 Reinforcing Criminal Behavior:** Within the current lawful culture of punishment and incarceration without a psychology of cognitive-emotional reformation agenda, the neuroplastic attribute of cognitive-emotional behavior will reinforce and maintain an emotional neural circuitry of existing criminal behavior. That is, the learning experience within an incarcerating environment

tends to accentuate the existing emotional neural circuitry of the brain that has led to existing criminal life.

**4.2 Prohibiting the Free Exercise of Religion:** Laws of crime and punishment that reinforce a cognitive-emotional reality of criminal behavior diminishes and even prevents an individual's religious freedom to exercise behavior within God's favor. (Reference: Constitution Amendments I – free exercise of religion)

**4.3 Convoluting Intent, Reasoning, and Self-Control:** Laws of crime and punishment that deny an evolved cognitive-emotional reprocessing mechanism reinforces an emotional reality of criminal behavior and further convolutes an individual's intent, rational capacity, and self-control and therefore is cruel. (Reference: Constitution Amendment VIII – cruel and unusual punishment shall not be inflicted)

## **5.0 CONCLUSION:**

Neuroplasticity and an evolved emotional bio-feedback mechanism redefine humanness and reconceptualize what it means to be a human being (Benko, 2015). These new neurological, biochemical, and physiological understandings in psychology must be incorporated to understand the true nature of law and the actual punishment being inflicted upon an individual. Any laws of incarceration as punishment that preclude a psychology of cognitive-emotional reformation are cruel and prevent the exercise of religion and are not supported by The Constitution of The United States of America.

I am arguing that a system of incarceration as punishment for a crime without any reformative processes cannot be just and is cruel because it exacerbates and reinforces the criminal element of behavior by convoluting intent, rational capacity, and self-control. This usual practice of criminal justice is a process of dehumanization and therefore is cruel. Also, a system that reinforces criminal behavior by convoluting intent, rational capacity, and self-control diminishes an individual's religious freedom to live in God's favor, thus limiting and even prohibiting the free exercise of religion. Capital Punishment is the ultimate prohibition of the free exercise of religion guaranteed by the Constitution of The United States of America.

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*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.*



Andrew O. Jackson has an MS in Technology Education and an MS in Management Technology from the University of Wisconsin – Stout. He was a high school shop teacher, wrestling coach and professional alpine ski instructor; a college CAD (computer-aided design) instructor; a guest instructor in China teaching quality and inventory management; and a quality manager at an OEM (original equipment manufacturer). He is happily married and retired from mechanical engineering and twenty-five years of sailboat racing and coaching on the Melges E-Scow and is now spending his summers sailing and winters alpine skiing with his wife Barbie and their two cats. He is currently campaigning for academic and athletic coaching understanding and awareness of our natural cognitive-emotional reprocessing mechanisms that have evolved to attain and maintain our health, well-being, and successful decision-making prowess.

“I like to say I have a PhD in Psychology from the School of Hard Knocks. The difference being that an accredited school requires classes, exams, and a successful defense of one’s own dissertation. I, on the other hand, either realize, develop, and self-prescribe a new psychology of cognitive-emotional behavior more in line with natural evolution and live, or fail and die.”

Andrew O. Jackson suffered from psychotic mania, suicidal depression, and schizophrenic tendencies. He was in and out of mental hospitals from 1979 to 1996. Once after another “blackout” period, he “awoke” in a mental ward and wondered how he got there this time. The nurse said he went up to a police car and told them that his friend needed help. His “friend” was a trash can. Another time he “awoke” with a rope in his hand ready to put an end to this torturous life when a voice asked him, “Can you go on?” “They” wanted him to continue his painful and torturous existence a while longer. He replied, “Yes” and got himself to a hospital.

Around 1993, in a moment of inspiration that led him away from academia’s 3000-year-old literary linguistics of emotionally driven behavior and control, he began a self-directed healing program using his good-feeling emotions, moods, attitudes, and feelings as indicators of, and a progression towards a healthy biochemical, neurological, and physiological state of being. After a couple more psychotic episodes (one that landed him in the El Paso County jail and led to a divorce from his first wife) and after seventeen years of therapists, psychologists, and psychiatrists, he no longer needed the benefits of their assistance. He has been medication-free and without disassociation, depression, or mania episodes since 1996.

Since 2005, he has been writing to academics around the world advancing a new emotional paradigm that defines cognition as causal to and emotions as an effect of biochemical, neurological, and physiological states of being. Emotions, instead of being regulated by cognitive behavior as current psychological academia prescribes, have evolved into a cognitive-emotional control mechanism to guide cognitive behavior towards the health, well-being, and prosperity of the individual.