"The Tao of Athletic Success Workout"
SP 1st Contact Presentation Video Transcript

https://youtu.be/3XelceH0NQQ (2025-11-03a)

(rev2026-09-01a)

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

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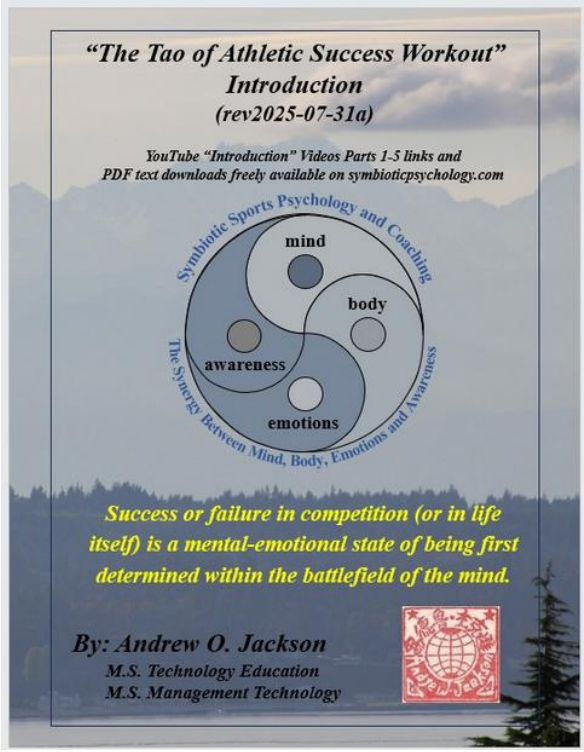
I give you an end of a stick to hang on to.
One end represents strength, empowerment, and successful decision-making.
The other end represents weakness, impotence, and poor decision-making.
Which end of the stick are you hanging on to?
How do you know?
Which end of the stick do you want to hang on to?
For a complete Introduction to *"The Tao of Athletic Success Workout"* *visit* https://symbioticpsychology.com/symbiotic-sports-psychology/



"The Tao of Athletic Success" Introduction: Free PDF download - New Tab (206 pages)
By Andrew O. Jackson
"The Tao of Athletic Success" Introduction YouTube Video Links"
Hour 1: ***Why learn from "The Tao of Athletic Success":*** ***https://youtu.be/aKKGU6sW4eQ***
Hour 2: ***The Quantum and Intuitive Being and Their Energy Vibrations of Qi:*** ***https://youtu.be/zh_YVzfb9rQ***
Hour 3: ***The Process Being: The Five Step Process of Success:*** ***https://youtu.be/hzoLYEH1JbA***
Hour 4: ***How have the body and emotions evolved to work together:*** ***https://youtu.be/tJuMTNA497M***
Hour 5: ***The Mental-Emotional Body: Strength & Conditioning:*** ***https://youtu.be/KdqLSoy1r4I***

Which end of the stick are you hanging on to?

strength, empowerment, and successful decision-making.

weakness, impotence, and poor decision-making.

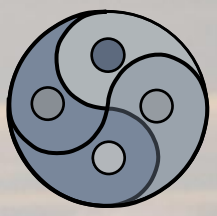
How do you know?

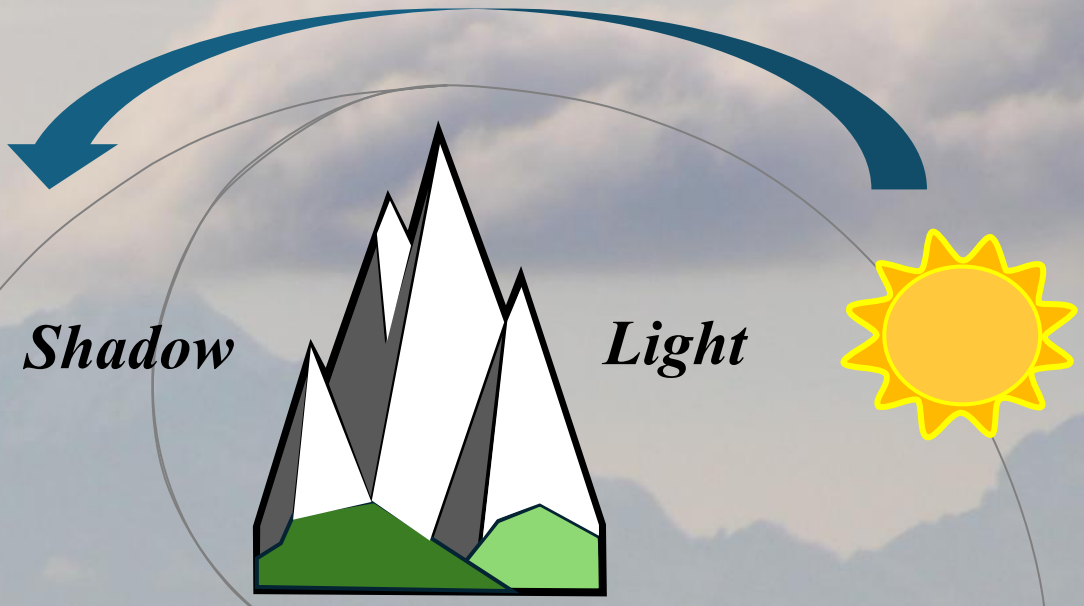
Picture yourself sitting on a rock beside a quiet mountain lake. As the day wears on and the sun travels across the sky, there is a movement of light and shadow.

I want you to see, understand, and feel the marvelous and harmonious motion.

In the Tao, this harmony between light and shadow, feminine and masculine, emotions and mind is represented as YinYang.

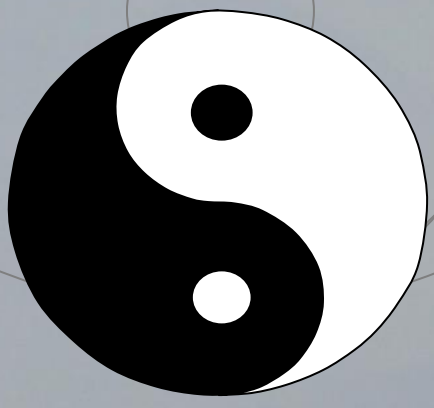
The Symbiotic Harmony Between Mind, Body, Emotions, and Awareness





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

Yin
Shadow,
Feminine,
Emotions



Yang
Light,
Masculine,
Mind

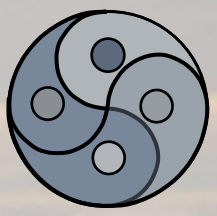
In the Tao, this symbiotic and harmonious movement of light and shadow is represented as YinYang.

This talk is about emotions, what they are, how they are used, how they have evolved over millions of years of struggle, hardship, and conflict and the survival of the strongest, fastest, most agile and clever. We are going to talk about emotions and their symbiotic harmony between mind, body, and awareness.

Here is a simple, starting and useable definition of emotions:

Emotions are an awareness you feel. Emotions (along with moods, attitudes, and feelings) either feel-good or they feel-bad.

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



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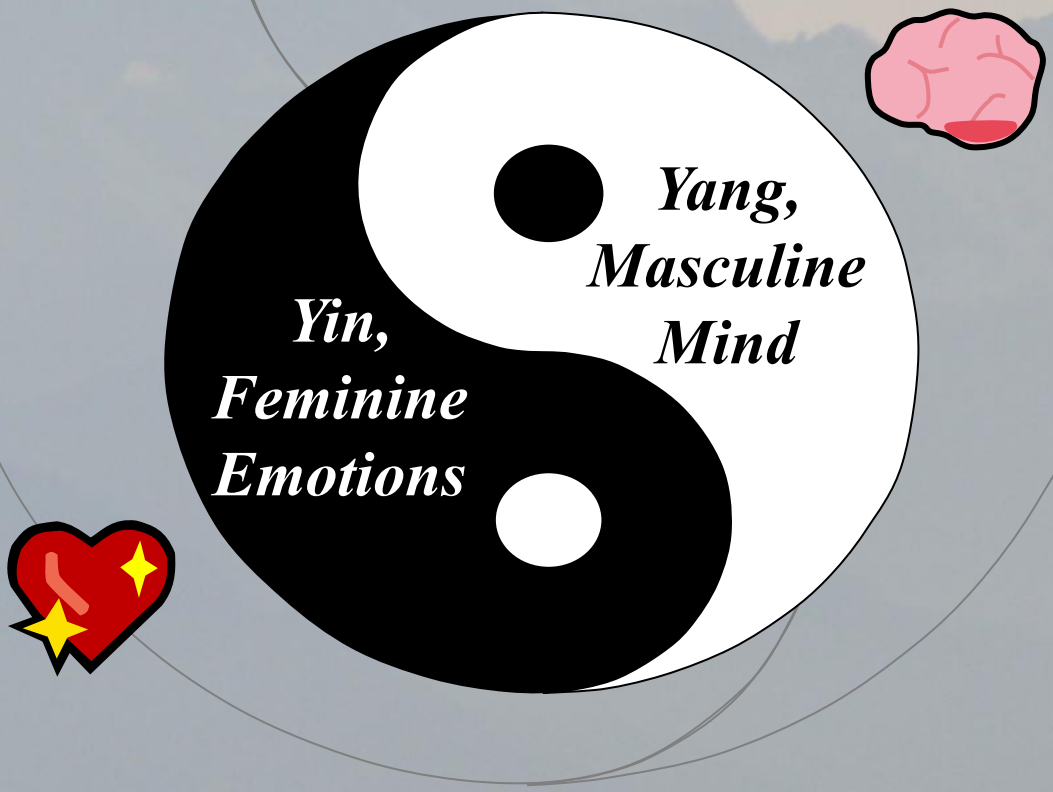

Emotions (a simple, starting and useable definition):
Emotions are an awareness you feel. They are the perception of physiological changes and states of being in the brain and body. Emotions (along with moods, attitudes, and feelings) either feel-good or they feel-bad.

What is the evolutionary importance of emotional awareness?
Feeling-good emotional awareness has evolved with a strong, robust, and healthy physiology of the mind and body conducive to health, well-being, and successful decision-making prowess.

Feeling-bad emotional awareness has evolved with a weak, frail, and unhealthy physiology of the mind and body susceptible to illness, injury, accidents and poor decision-making capacity.

Think of an early humanoid on the African Savannahs. What would happen if feeling-good emotional awareness evolved with a with a weak, frail, and unhealthy physiology of the mind and body? Wouldn't an unhealthy, but feeling-good hunter-gather still go out on the dangerous savannahs, crossing fast moving streams and climbing trees to hunt for game and to gather food?

But this feeling good hunter-gatherer has a weak, frail, and unhealthy physiology of the mind and body. Is he physically capable of survival? Think of a feeling-good, modern-day drunk, stumbling into his car to drive across town during rush-hour traffic to buy groceries..... It an't going to happen.

If an athlete is not emotionally aware, they can not be physiologically aware of how their body will respond when passing a football, making a free-throw, hitting a puck, spiking a volleyball, kicking a soccer ball, swinging a golf club, or any other refined performance activity.

The Evolutionary Importance of Emotional Awareness!

Feeling-good emotional awareness

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

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

Feeling-bad emotional awareness

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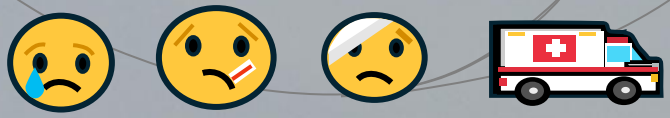


If an athlete is not emotionally aware, they can not be physiologically aware of how their body will respond when passing a football, shooting a basket, hitting a puck, spiking a volleyball, kicking a soccer ball, swinging a golf club, or any other refined performance activity.

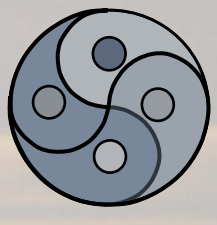
Let's look at another aspect of emotions. Want, desire, and intention calibrates your emotional awareness to your mental activities. Let's say you are a mountain climber ready to climb Mt. Everest and you looked at your gear and your climbing axe was gone and in its place was a carpenter's hammer. How would you feel looking at that hammer? If you were looking at your climbing axe, how would you feel? Or let's say you were home, repairing the roof of your house and all you had was your climbing axe? How would you feel?

What an athlete wants, desires, and intends to accomplish calibrates their emotional guidance. In your sport, what do you NOT want, desire, nor intend? In your sport, what do you want, desire, and intend? Do you understand that emotions are not about what others are doing to you, but about your own your own mental activities? Emotions are about your own thoughts, memories, beliefs, imaginings, perceptions, and reasonings and your own wants, desires, and intentions.

This discussion is about understanding and empowering your own emotionally evolved guidance mechanisms. *Your physical* strength, power, speed, and agility and *your mental* cunning, wisdom, and successful decision-making capacity has evolved correlation with your good-feeling emotions, moods, attitudes, and feelings.

Success comes from your ability to mentally focus away from the emotional bad-feeling mental activities when dwelling upon what is not wanted, not desired, and not intended. Your self-empowerment comes from a strong, healthy, robust physiology in the mind and body when mentally dwelling upon that which is wanted, desired, and intended.

Want, desire, and intent



calibrates your emotional guidance.

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

Feeling-bad
emotional awareness
(moods, attitudes, and feelings)

Feeling-good
emotional awareness
(moods, attitudes, and feelings)

Focus on NOT wanted

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

_____
_____
_____

Focus on wanted

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

_____
_____
_____

Emotions are not what others are doing to you. Emotions are about your own thoughts, memories, beliefs, imaginings, perceptions, and reasonings and other mental activities.

Let's dive deeper into emotional awareness in respect to the process flow between mind, body, emotions, and awareness. Emotions are the perception of changes and states of neurology, biochemistry, and physiology in the brain and body precipitated by cognitive activities of the mind.

Start with mental activities of the mind, such as thoughts, memories, beliefs, imaginations, perceptions, and reasonings. These mental activities precipitate changes in the physiology of the brain and body. A focus on what is not-wanted, desired, nor intended precipitates an unhealthy physiology that is perceived as bad-feeling emotions, moods, attitudes, and feelings. A focus on what is wanted, desired, and intended precipitates a healthy physiology that is perceived as good-feeling emotions, moods, attitudes, and feelings.

In summary, when an athlete feels down, nervous, they are dwelling upon what they do NOT want and are creating an unhealthy, imbalanced physiology in the brain and body susceptible to accidents, injury, and poor decision-making. When an athlete feels good, ready to compete, they are dwelling upon what they do want and are creating a healthy, balanced physiology in the brain and body conducive to strength, power, clarity, and successful decision-making.

So, what do you have to do to stay healthy, strong, powerful and capable of successful decision-making?

Symbiotic Sports Psychology and Coaching

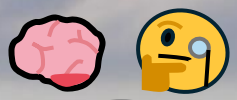
The Evolved Harmony Between Mind, Body, Emotions, and Awareness

What Are Emotions?

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

Cognition/Mental Activities

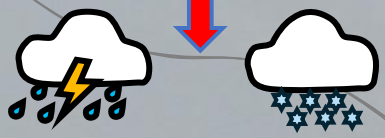
(thoughts, memories, beliefs, imaginations, perceptions, and reasonings)

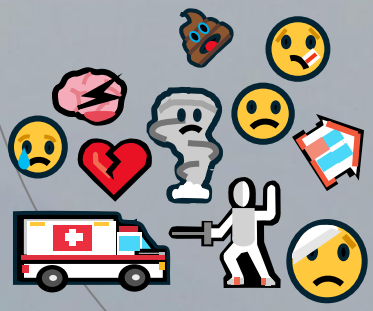


Focused on not-wanted, desired, intended

Focused on wanted, desired, intended

precipitate





An unhealthy, imbalanced physiology susceptible to illness, injury, accidents and poor decision-making.

A healthy, balanced physiology conducive to strength, power, clarity and successful decision-making.

Perceived as bad-feeling emotions within moods, attitudes, and feelings

Perceived as good-feeling emotions within moods, attitudes, and feelings

Symbiotic sports psychology and coaching starts with understanding the power of emotional awareness. The power of emotionally feeling-good or emotionally feeling-bad. Feeling good has an evolved correlation with a healthy, robust, and balanced physiology. Feeling bad has an evolved correlation with a weak, fragile, and imbalanced physiology susceptible to illness, injury, accidents and poor decision-making.

So, what is your job? What is your responsibility? What is your task?

FIRST: Re-process bad-feeling, unhealthy mental activities towards good-feeling, healthy activities.

SECOND: Affirm your own good-feeling, healthy mental activities.

We will take a deeper dive into cognitive-emotional affirmations and re-processing later in this talk. For now, I want you to realize the vital importance of emotions and emotional awareness. Emotional awareness is crucial to staying healthy. Emotional awareness is critical to successful or un-successful decision-making. Emotional awareness is necessary for an athlete to coordinate wants, desired, and intentions with their physiology.

If an athlete is not emotionally aware, they can not be physiologically aware of how their body will respond when passing a football, making a free-throw, hitting a puck, spiking a volleyball, kicking a soccer ball, swinging a golf club, or any other refined performance activity. If an athlete is not emotionally aware, their intuition and instincts are sabotaged.

But what is modern psychology and sports psychology doing to emotional awareness?

Symbiotic Sports Psychology and Coaching

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

The Power of Emotional Awareness

Emotional awareness is used to guide bad-feeling, unhealthy mental activities towards healthy, good-feeling mental activities that precipitate a robust, balanced physiology.

(FIRST)

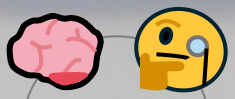
Re-process bad-feeling unhealthy mental activities

(SECOND)

Affirmation of good-feeling healthy mental activities

Cognition/Mental Activities

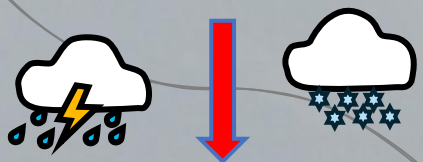
(thoughts, memories, beliefs, imaginations, perceptions, and reasonings)

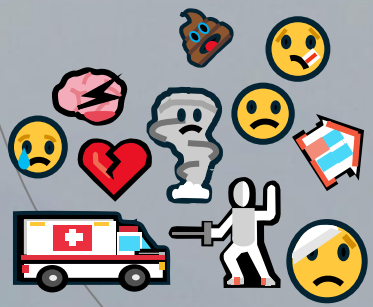


Focused on not-wanted, desired, intended

Focused on wanted, desired, intended

precipitate





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A healthy, balanced physiology conducive to strength, power, clarity and successful decision-making.

Perceived as bad-feeling emotions within moods, attitudes, and feelings

Perceived as good-feeling emotions within moods, attitudes, and feelings

Today's psychology can be illustrated with the "cognitive triangle" showing how thoughts, emotions, and behavior interact but stresses how thoughts can influence emotions that drive behavior.

This "modern" psychology is based on a 3000-year-old language and literary linguistics of the supremacy of the mind controlling "dysfunctional" emotions that drive destructive behavior as found in Homer's "Iliad".

The first line of Homer's "Iliad" reads: "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 on the Greeks. 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.

This literary linguistic paradigm of emotionally driven behavior demands emotional regulation, management, and control (even with the use of pharmaceuticals) because dangerous emotions can drive destructive behavior. But there is a flaw within this 3000-year-old literary linguistic paradigm of emotional driven behavior.... emotions don't drive behavior! Homer was unaware of emotional evolution and how human physiology of the brain and body actually do drive behavior!

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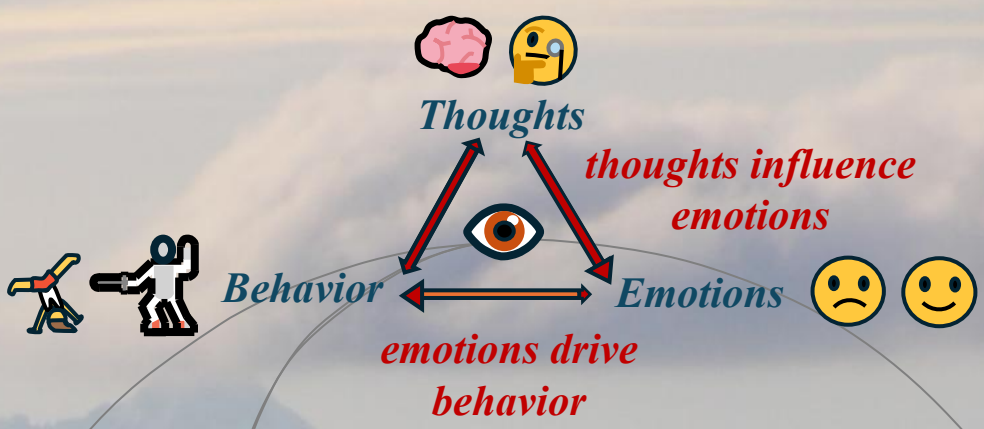

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"Modern" sports psychology is based on a flawed, 3000-year-old language and literary linguistics of the supremacy of the mind controlling "dysfunctional" emotions that drive destructive behavior. Today's academic sports psychology of mental toughness, mindfulness meditation, and emotional control is sabotaging the evolutionary power of emotional awareness.

Are you teaching and training emotional ignorance?

1) *What is Mental Toughness Training but to tolerate and ignore physical and emotional pain? An athlete is trained to focus on toughness rather than the discipline needed to re-focus bad-feeling, disempowering and unhealthy mental activities (that precipitate an unhealthy, fragile, and imbalanced physiology) towards good-feeling, healthy and empowering mental activities (that precipitate a healthy, robust, and balanced physiology)* .

2) What does Visualization do to an athlete's emotional awareness and response? When you add more detail by including emotions, are you suppressing emotional awareness by also imagining what your emotions would be? Or are you feeling emotions as a response to your visualization? Are you imagining emotions or are you actually feeling them as a response to your mental activities? There is power in negative thinking when using any bad-feeling emotional awareness to visualize and imagine what you do want, desire, and intend. Do you actually feel the good and bad-feeling emotions or are you still visualizing them?

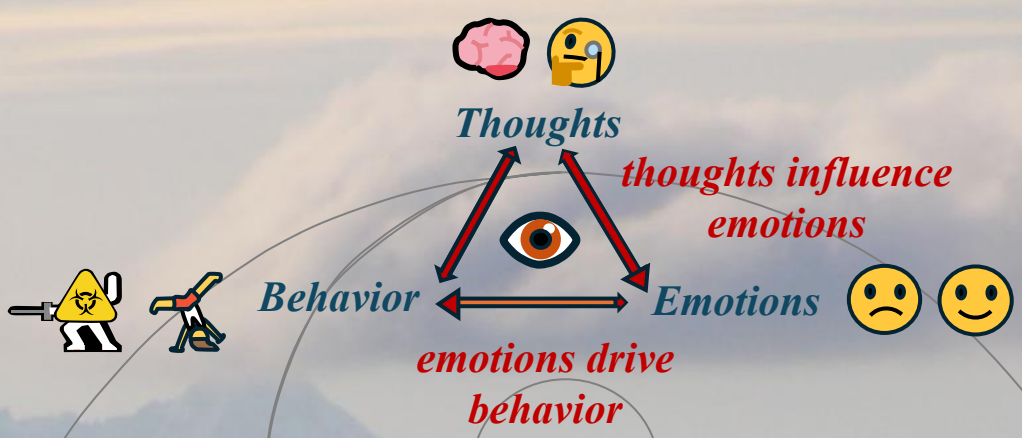
3) How about mindfulness training and meditation? According to the American Psychological Association, mindfulness is to be aware of one's emotions without judging or reacting to them. Is that so? Are you not judging, not reacting to your emotional awareness? What about emotional evolution? We absolutely must judge, evaluate, and respond to our emotional awareness. What do emotionally bad-feeling mental activities say about the health of your physiology? What are emotionally good-feeling saying about your biochemistry, neurology, and physiology of the brain and body?

4) How many of you have been told to have a short memory... to reset and move on after a mistake, bad-play, penalty, or "mis-hap"? That is all fine and good if "to reset" means to actually mentally take your focus off the "mis-hap and deliberately re-focus on what you did want, desire, and intended to happen. To "have a short memory" and to do nothing about it is to maintain the same mental/physical aptitude of the mistake and you WILL repeat it. "Reset" means re-focus into a good-feeling, powerful mental-emotional state of being.

5) What is mental "positive self-talk"? What do you mean by "positive"? If your mental positive self-talk includes emotional awareness, then fine. But everything up to now has been used to suppress emotional awareness and "positive" self-talk doesn't seem to include an emotional basis? Or am I mistaken?

6) Modern psychology is all about emotional control, regulation, and management by the mind, even with pharmaceuticals if needed. I hope you now realize that emotions have evolved, not to be controlled, but to guide emotionally bad-feeling, unhealthy mental activities that precipitate an unhealthy, fragile, and imbalanced physiology towards good-feeling cognitions that correlate with a healthy, robust, and balanced physiology of the mind and body.

"Modern" sports psychology is based on a 3000-year-old language and literary linguistics of the supremacy of the mind controlling "dysfunctional" emotions that drive destructive behavior.



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Are you teaching and training emotional ignorance?

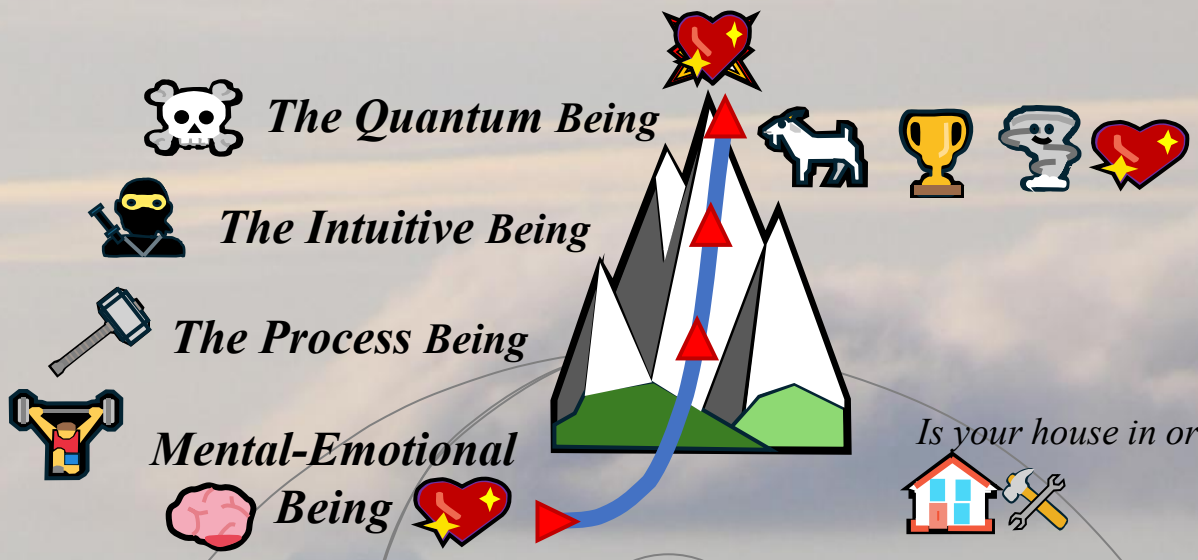
1) ***Mental Toughness Training***
   a. *Tolerate or ignore physical* ***and emotional pain***
   b. *A focus on toughness rather than the discipline needed to re-focus using emotional awareness*
2) ***Visualization (or is it imagination?)***
   a. *Are emotions "visualized" or a "response" to the visualization?*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

Are you mentally strong, powerful, and disciplined and able to use your emotional awareness? Are you ready for Quantum Being of mindless heightened awareness and instantaneous and explosive action within a peaceful state of no-mind potential? Do you have the mental-emotional strength and conditioning to climb the Mt. Everest of the Tao?

At the very peak is the Quantum Being's heart centered peaceful state of "No-Mind". But before reaching Quantum Being, an athlete must understand and develop their gut awareness and intuitive action of mind and heart. And before an athlete can develop their gut awareness and intuitive action, they must understand the Process Being and the actuation process of success hidden within their mind and emotions. And before even learning how to be successful, is the athlete's Mental-Emotional Being in shape? What does that mean to get your mental-emotional being in shape? What is strength and conditioning for the mind and heart?

Are you in a vortex of disempowering, unhealthy, and bad-feeling mental activities that precipitate an imbalanced physiology susceptible to injury, accidents, and poor decision-making? Or are you in a vortex of empowering, healthy, and good-feeling mental activities that precipitate a balanced physiology conducive to strength, power, and successful decision-making?

What happens to those who climb Mt. Everest before they are ready? How many climbers have died trying to ascend Mt. Everest because they were not properly prepared? The Tao of Athletic Success Workout is a program to get an athlete's house in order, where mind, body, emotions, and awareness are in shape and working together as a team and are ready for your safe ascension of Mt. Everest of the Tao.



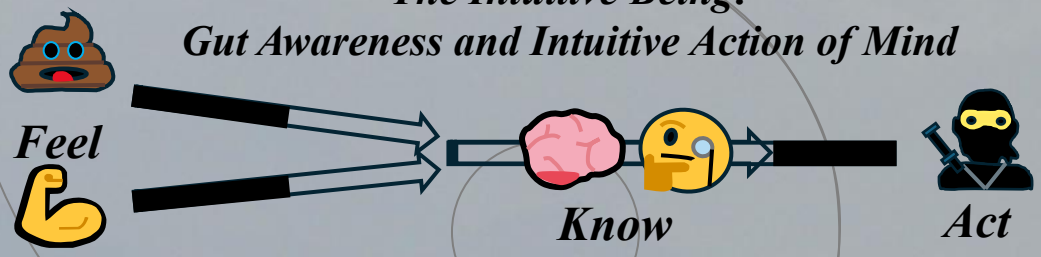
The Quantum Being and Your Personal Power of Qi

Mindless Heightened and Expanded Awareness

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

Mindless Instantaneous and Explosive Action

The Intuitive Being: Gut Awareness and Intuitive Action of Mind



The Process Being: The Actuation Process of Success

Intend It *Think It* *Feel It* *I Know I Know It* *Allow It*

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

First, we must talk about the difference between Mental Toughness and Mental Discipline. Mental toughness will lead to injuries and accidents, if not worse. With mental discipline, every athlete learns how to work with their emotions to understand their mind and body's strength, power, and health.

A "BAGUBA" is a Brutally Aggressive Guy (Girl) Uninhibited by Adversity.

A "BAGUBA" is NOT about brutally dominating the opposition – physically, emotionally, and mentally. A "BAGUBA" is NOT about mental toughness.

A "BAGUBA" Is NOT about an awareness of and tolerating through pain, injury, and adversity.

A "BAGUBA" is about mental discipline and to use one's own emotional awareness to focus the mind from a place of weakness to a place of power.

A "BAGUBA" is about mental-emotional re-processing to precipitate a healthier, balanced, and more powerful physiology!

"BAGUBA" training for success is about mental discipline, ability, and motivation to re-process bad-feeling, unhealthy mental activities that precipitate a weak, fragile, and imbalanced physiology towards good-feeling, healthy mental activities that precipitate a healthy, robust, and balanced physiology conducive to physical strength, power, speed, endurance, and agility, and to mental cunning, clarity, and successful decision-making ability and prowess.

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

Mental Toughness vs. Mental Discipline

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

b. ***"BAGUBA"***
   i. ***is NOT about brutally dominating the opposition – physically, emotionally, and mentally.***
   ii. ***is NOT about mental toughness.***
   iii. ***Is NOT about an awareness of and tolerating through pain, injury, and adversity.***

c. ***"BAGUBA" is about mental discipline!***
   i. ***to use one's own emotional awareness to focus the mind from a place of weakness to a place of power***

d. ***"BAGUBA" is about mental-emotional re-processing***
   i. ***to get into a healthier, better feeling place of power!***

e. ***"BAGUBA" training for success is about:***
   i. ***mental discipline, ability, and motivation to get into a healthy, good-feeling state of power and success***
   ii. ***physically having strength, power, speed, endurance, and agility, and***
   iii. ***mentally cunning and successful decision-making ability and prowess.***

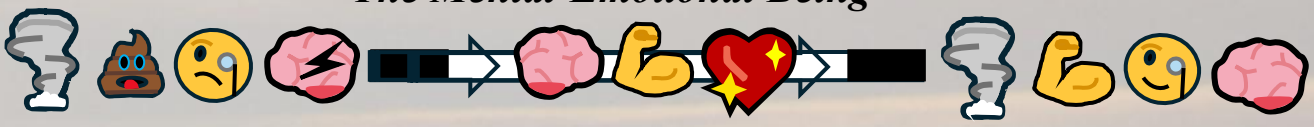
Mental-emotional strength, power, and agility means an athlete can re-process, re-construct, and re-develop unhealthy, bad-feeling mental activities, into healthy, powerful, and good-feeling mental activities… under ALL and ANY conditions, time, or place.

Throughout this discussion I have been talking about the importance of emotional awareness. An athlete's first indicator of weakness is their bad-feeling emotional awareness, *if* this awareness has not been squeezed out of their system through mental toughness training.

An athlete can emotionally feel when they are in a vibrational vortex of bad-feeling, weak, fragile, and imbalanced physiology susceptible to illness, injury, accidents, and poor decision-making. And athlete can emotionally feel when they are in a vibrational vortex of good-feeling, vigorous, robust, and balanced physiology conducive to strength, power, clarity, and successful decision-making.

There is the wisdom and power in emotional awareness.

The Mental-Emotional Being



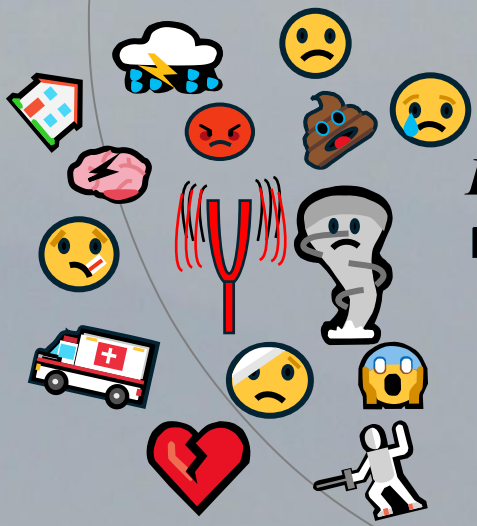
vortex of disempowering, unhealthy, and bad-feeling mental activities

Discipline, Work, Strength, & Conditioning

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

Mental-emotional strength, power, and agility means an athlete can re-process, re-construct, and re-develop unhealthy, bad-feeling mental activities, into healthy, powerful, and good-feeling mental activities… under ALL and ANY conditions, time, or place.

There is wisdom and power in emotional awareness!



Discipline & Work

("BAGUBA")

Vibrational Vortex of bad-feeling, weak, fragile, and imbalanced physiology susceptible to illness, injury, accidents, and poor decision-making

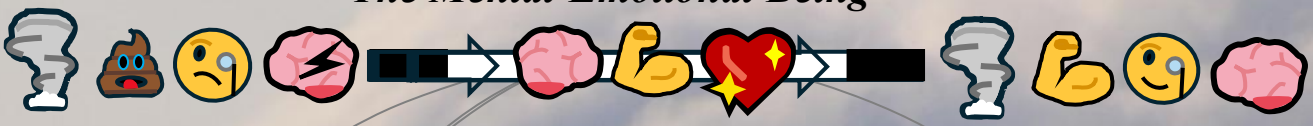
Vibrational Vortex of good-feeling, vigorous, robust, and balanced physiology conducive to strength, power, clarity and successful decision-making

Climbing the Mt. Everest of the Tao starts with Mental-Emotional Strength and Conditioning and developing and strengthening an athlete's skills, abilities, and understandings to successfully re-process disempowering, unhealthy, and bad-feeling mental activities into empowering, healthy, and good-feeling mental activities conducive to health, well-being, and successful decision-making prowess.

Symbiotic Sports Psychology understands the mind, body, emotions, and awareness as a harmonious team that has evolved out of millions of years of struggle, conflict, and battle of the survival of the fittest, fastest, most agile, and clever among us to work together as a team.

Climbing the Mt. Everest of the Tao

The Mental-Emotional Being



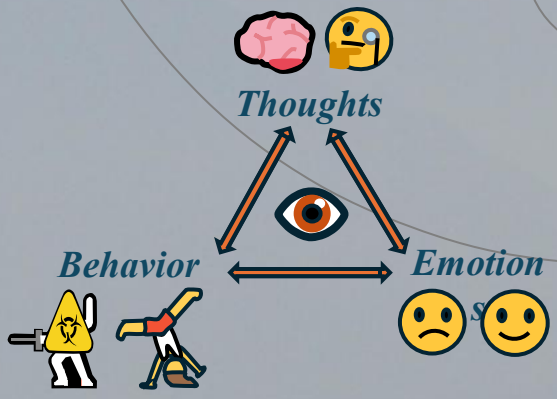
vortex of disempowering, unhealthy, and bad-feeling mental activities

Discipline, Work, Strength, & Conditioning

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

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

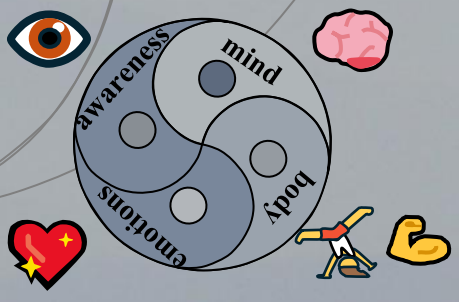
"Modern" Psychology of Conflict, Control, and Servitude



Mental Toughness Controlling Emotional Awareness

vs.

Symbiotic Psychology of Empowerment, Cooperation, and Freedom



Mental Discipline to Work With Evolutionary Emotional Awareness

Emotional Wisdom. Where do you start? An athlete starts by attaining and maintaining a vortex of empowering, healthy, and good-feeling mental activities.

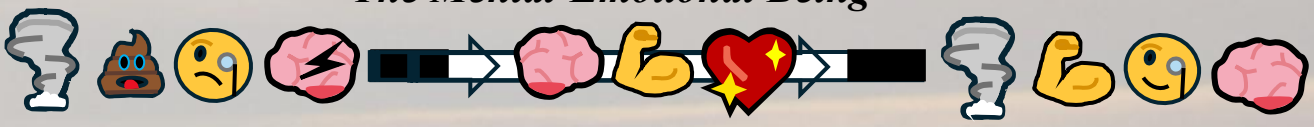
1. Do something for your self, every day, that brings about good feeling emotional awareness.

2. Before you start a project, workout, practice, or start any chore or activity, take a moment of mental silence to get into a good-feeling place of power.

3. Start prioritizing your daily activities; start with the one that brings about the most excitement or passion. And after that activity has run its course, do the next exciting activity. And so on throughout the day.

4. Use the Power Stick to Re-Focus from that which is not wanted to that which is wanted. Negative, emotional bad-feelings represent an unhealthy physiology of weakness. But there is power within this bad-feeling, negative thinking. Negative thoughts tell an athlete what they don't want such as a penalty, turnover, interception, fumble, or missed block. In your sport, your position, your "performance", what don't you want? Now, do the work and get to the other end of the stick by mentally re-focusing upon what you do want that precipitates positive, good-feeling emotions that represent a healthy and balanced physiology of strength and power.

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

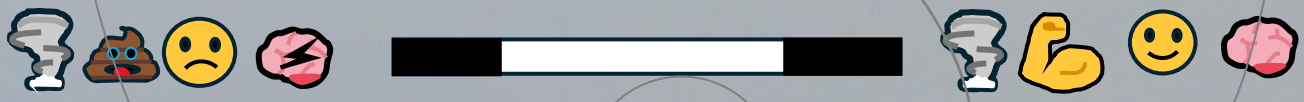
Emotional Wisdom: Where do you start?
(Creating Your Own Toolbox)

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

1. ***Do something for your self,*** *every day, that brings about good-feeling emotional awareness*

2. ***Before you start a project, workout, practice, or start any chore or activity, take a moment of mental silence to*** *get into a good-feeling place of power.*

3. ***Start prioritizing your daily activities;*** *start with the one that brings about the most excitement or passion. And after that activity has run its course, do the next exciting activity. And so on throughout the day.*



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

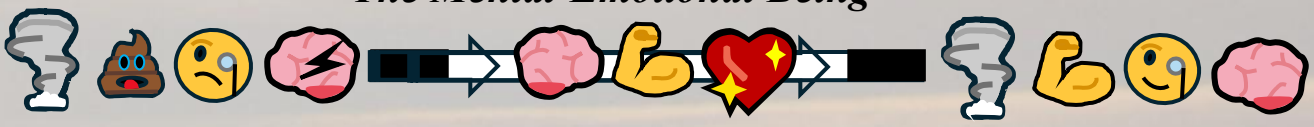
Cognitive-Emotional Re-Processing: Step 1 is to develop healthy, mental-emotional distracting activities.

The intent is to purposely distract the mind and get off an emotionally bad-feeling place and into a feeling-good place of power. Here the athlete is not trying to solve the problem… They must just get into a better feeling place where *they can solve the problem*. How fast can you get from an emotionally bad-feeling physiology of weakness to an emotionally good-feeling physiology of strength, power, and successful decision-making prowess?

Here are some exercises to develop your speed….and strength to move towards a better feeling place. Remember, "you can't get there from here". In step one you are not trying to solve any problems. You are getting into a better feeling place where you can start problem solving.

So…. Step 1; From a place of emotional hardship or even misery, an athlete does something for themselves that brings them back to the good-feeling emotions, moods, attitudes, and feelings of a healthy physiology. Distracting activities are only a first step to stop the emotionally bad-feeling downward spiral. An athlete must get to an emotionally good-feeling place where they can do something about their bad-feeling, unhealthy mental activities. Here are some ideas to help an athlete develop their own list. You can stop the video and go through the list or in the description below is a link to a PDF of these slides.

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



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

Discipline, Work, Strength, & Conditioning

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

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

Step 1: Develop Healthy Mental-Emotional Distracting Activities

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

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

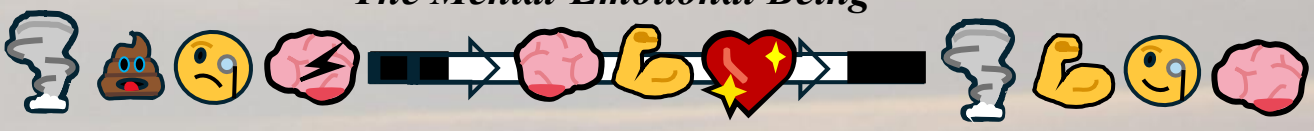
Note: The "Black Dog Institute" in Australia uses student "anxiety" in primary schools as an indicator of a potential future of "mental health problems". That is, if a student doesn't have the skills to move out of "anxiety" now… they won't have the capacity to re-process bad-feeling, unhealthy mental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

Step 2 exercises are about developing Mental-Emotional Re-Processing Skills, Abilities, and Understandings to get into a better (or less-bad) feeling place of power.

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

Here are some ideas to help an athlete reconstruct their mental activities. You can stop the video and go through the list or in the description below is a link to a PDF of these slides.

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

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

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

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

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

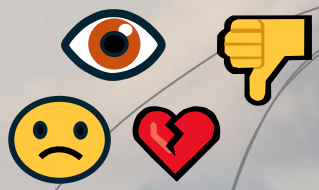
Some of you may have learned to be emotionally intelligent. But are you emotionally wise? Feeling-bad is bad biologically speaking. Feeling-good is good, biologically speaking. Feeling bad has an evolved correlation with an unhealthy physiology of weakness and poor decision-making. Feeling good has an evolved correlation with a healthy physiology of strength, power, speed, agility, and successful decision-making ability and prowess.

But a person is not an island onto themselves. We live with others in a society, a culture, and in life and in competition there are rules of engagement. Targeting and intentionally hurting someone in football may make you feel-good but the consequences are unfortunate for you and your team. Rules are meant for fairness of play and for the health of the players and the sport and for the society and culture in which you live.

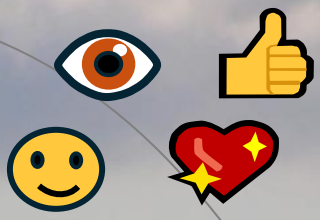
Anger is a two-edged sword. Yes, there is a feels-good short-term burst of adrenalin for greater power and strength for survival of the moment. But there can be behavior control problems with immediate (and long-term) negative health effects.

Climbing the Mt. Everest of the Tao

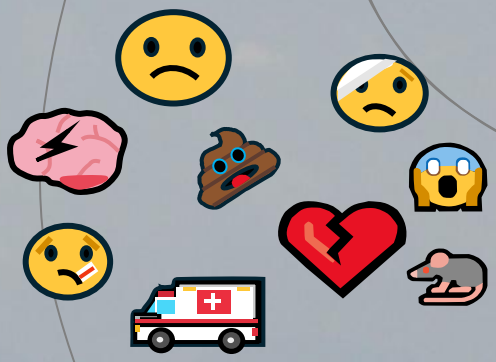
Emotional Wisdom

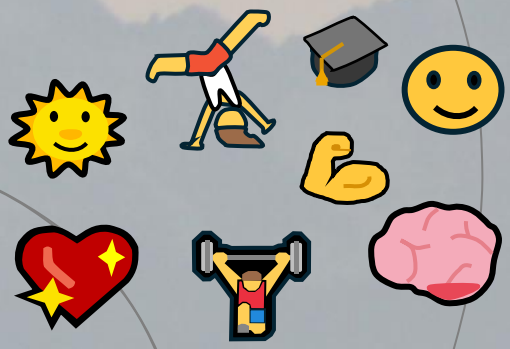


Feeling-bad is bad… biologically speaking.



Feeling-good is good… biologically speaking.





But, socially, culturally, and in rules of engagement:

Targeting and intentionally hurting someone in football may make you feel-good but the consequences are unfortunate for you and your team. Rules are meant for fairness of play and for the health of the players and the sport and for the society and culture in which you live.

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

Climbing the Mt. Everest of the Tao: The Process Being.

I had been alpine skiing most my life. But For the first time I was going to flip and do a summersault off a small jump built out of snow on the ski slope. I had intent, thought it through, I felt it, I knew I knew it, and then I just allowed it to happen. And Oh Yeah, what a thrill that was!

I want everyone to hold their arm straight out at shoulder height. Are you holding it? Now, allow your arm to drop. You don't do it, you allow it. It happens. This allowing is the same allowing when an athlete can feel it, knows they know it, and allows it to happen. You don't "do it". You don't do your arm to go down. You "allow" your arm to go down. Allow and It happens. Don't Do It... Allow It.

Every successful competitive move, play, or shot, involves learning this five-step process. Learning and actualizing these steps will also reduce and eliminate accidents and injuries due to an unhealthy and imbalanced physiology. Intend It, Think It, Feel It, I Know I Know It, and Allow It.

These 5-Steps harmonize an athlete's mind, body, and emotional awareness towards a feels-good, confident, and reflexive dynamic to successfully complete a move, play or shot. Remember: emotionally feeling-good has an evolved correlation with a healthy physiology of success. And, emotionally feeling-bad has an evolved correlation with an un-healthy physiology of failure.

If you don't feel It, you don't know how your body will physiologically respond to your intent... leading to an interception, air-ball, turn-over, sky-ball, bogey...etc. Success in competition demands your emotional feeling and knowing of success and allowing success to happen. Don't Do it. Allow It... and It Happens.

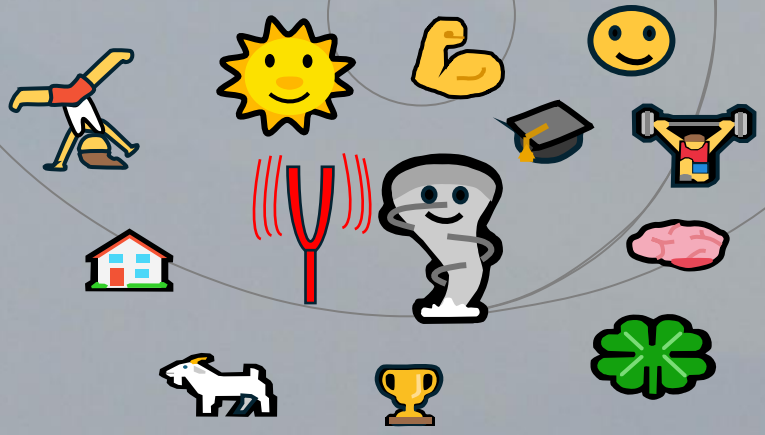
Climbing the Mt. Everest of the Tao

The Process Being: The Actuation Process of Success

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

Don't "Do It"…. "Allow It"… and "It Happens"

Hold your arm straight out at shoulder height. Now allow it to fall to your side. You don't "just do it" to fall, you "allow it" to fall…and it happens.



If you don't feel It, you don't know how your body will physiologically respond to your intent… leading to an interception, air-ball, turn-over, sky-ball, bogey…etc.

Use the following Actualization Play Sheets to break each play or move into its segments of learning. For each play or move:

1: state its intent: What is the plays intent? What do you want, desire, and intend to accomplish?

2: Think it: mentally learn each aspect of a play or move. This is usually accomplished through visualization and repetitive walking through and practicing the motions until you mentally can recite the play.

3: Feel it: Can you feel it. Can you emotionally feel it in your body, muscles, and bones.

4: Do you now “know you know it”? There is no doubt. There is no maybe. There is a knowing that you can and will do it. You can make that free throw; you can make that pass; you can make that goal; you can make that catch; you can make that shot; You know your success before the event happens because you have already lived the event. But you don’t do it. Success is not a doing… it is an allowing.

5: you allow it to happen… and it happens.
And finally

6: were you successful. Did it happen? If not, repeat the process. If successful… congratulate yourself for knowing success.

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 "Actualization 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 and so on and so forth.

This is an Offensive Play Sheet. On offense, the players are going to allow and actualize an intention.

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:_____

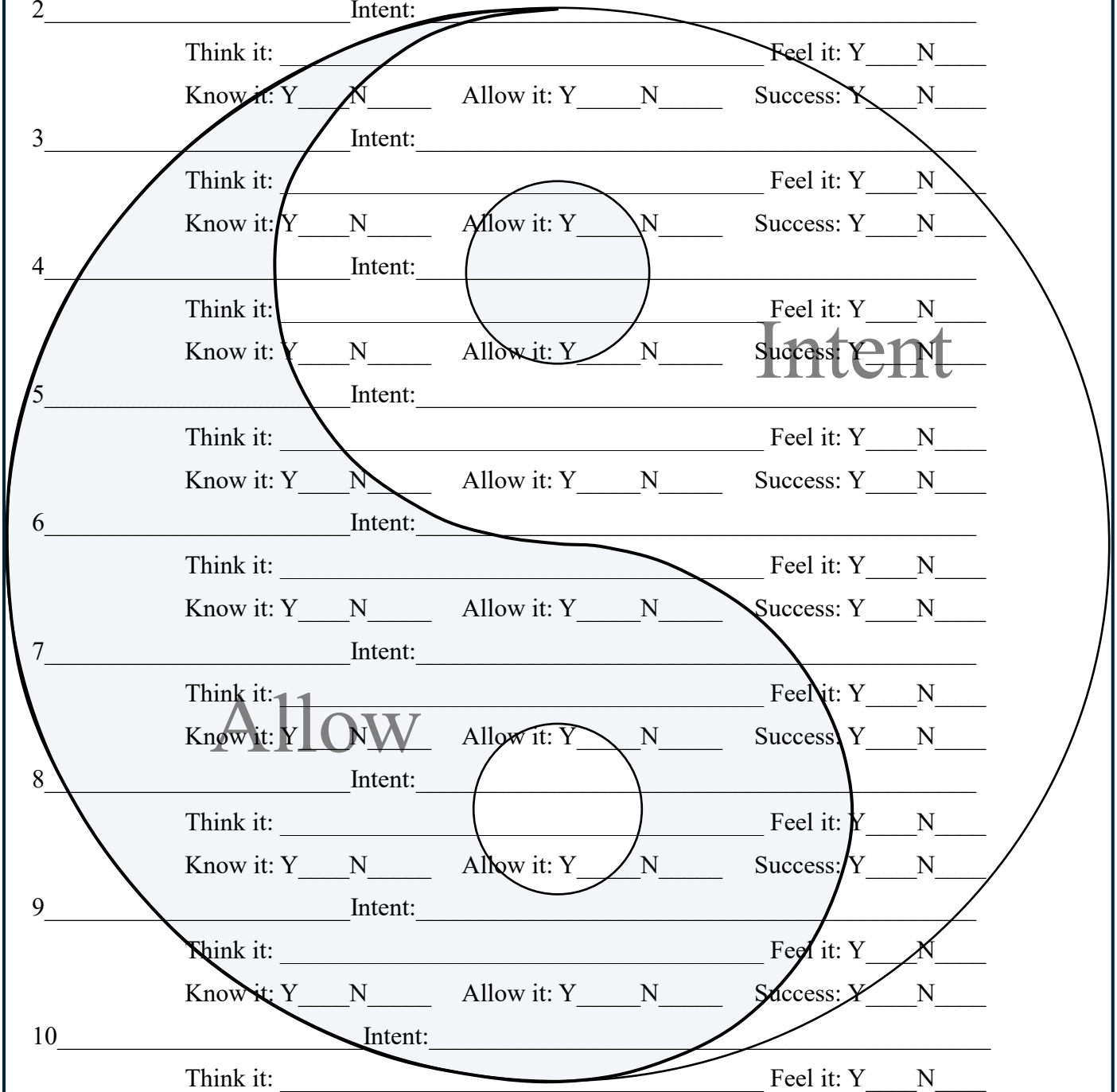
Think it: _____ Feel it: Y____N____

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____



This is a Defensive Play Sheet.

A defensive player(or play) must react to their awareness of an offensive intention. And then the defensive player (or play) must allow their reaction from this knowing awareness.

Now in football, a defensive lineman can also be on offense, because they start with an intent to get at the quarterback. And an offensive lineman may also be on defense because they must react to a defensive intent to get at their quarterback.

Every player is constantly shifting from offense to defense back to offense again. These 5-Step Actualization Play Sheets are an aide to help a player begin developing their intuition and instincts.

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

At home, away from the practice field, also provides opportunities to practice being successful. The Home 5-Step Actualization Process of Success can be used to find the feeling and knowing of success with every chore or home activity.

Before each activity, take a deep breath and stop. What are you going to do? What is your segment of intention and allowing? These can be simple activities like making your bed, eat a healthy breakfast, go to school or study for a class.

All these home activities are very important opportunities to practice the feeling of success. If you can't get into a place of emotionally feeling your successful accomplishments throughout the day, how can you get to that good-feeling place of success in practice? Or in competition? A player should be able state and intention and find the feeling of success within 5, 10, or even more activities throughout the day.

HOME ACTUALIZATION PLAY SHEET **DATE**:_____

SEGMENT –I INTENTION DAY:_____

1_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

2_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

3_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

4_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

5_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

6_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

7_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

8_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

9_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

10_____Intent:_____

Think it: _____ Feel it: Y____N____

Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

11_____Intent:_____

Think it: _____ Feel it: Y____N____

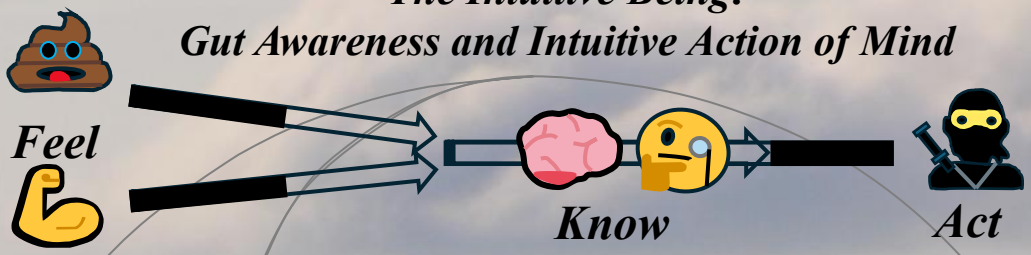
Know it: Y____N_____ Allow it: Y_____N_____ Success: Y____N____

Climbing the Mt. Everest of the Tao: The Intuitive Being. I was taking a shower. Suddenly something was wrong. I smelled death. My gut sank as I looked around. There, on the high window ledge; I was eye-ball to eye-ball with a scorpion.

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

If an athlete is not emotionally aware, they have no instincts or intuition to act on.
Without emotional awareness a quarterback will have no “touch” and not have the intuitive awareness to throw (or not throw) a pass.

The Intuitive Being: Gut Awareness and Intuitive Action of Mind



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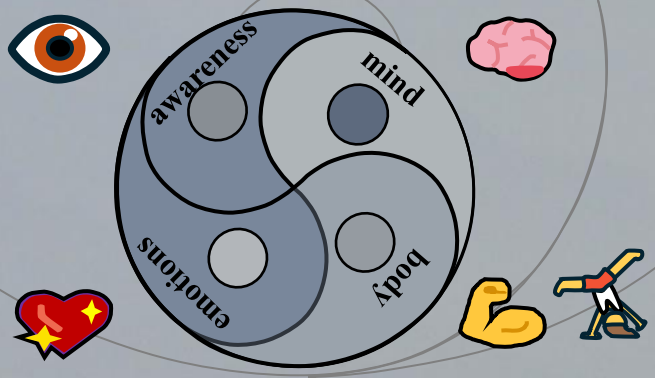


If an athlete is not emotionally aware, they have no instincts or intuition to act on.
Without emotional awareness a quarterback will have no "touch" and not have the intuitive awareness to throw (or not throw) a pass.

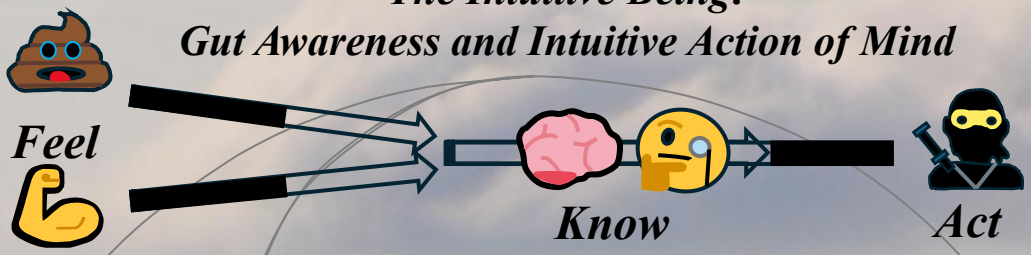
The Intuitive Being is acting, not on mental logic but on the harmonious feeling between mind and emotions. An Intuitive Athlete is emotionally aware of (and acting on) the unconscious physical subtleties within the match, game, or opponent such as:

the smell of the opponent's body chemistry; the slight twitches of their muscles; the glance of their eyes; the position of their arms, hands, fingers; or even the vibrational feel of the air. A player can easily become emotionally aware of a situation before they become mentally aware of it.

Emotions have a mental aspect. When an athlete emotionally feels, what are these feeling's mental attributes. "What does this feeling mean, mentally?" What are these emotional feelings telling me?

Be careful NOT TO ACT on emotional impulses until you can act from an emotional good-feeling place of knowing. Feel.... Know.... Act.... At this level of being, an athlete must still heavily rely on their mental understandings and constructs of their world. As an athlete becomes more Quantum Being, they will use less of their cognitively defined world construct to guide their action and incorporate more of their heart-centered emotional being.

The Intuitive Being: Gut Awareness and Intuitive Action of Mind



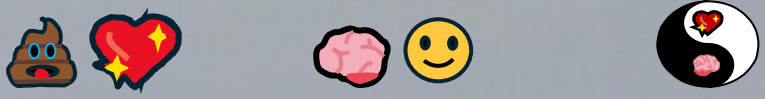
- ***Acting on a good (or bad) "feeling"***

Start with "guessing"…. "what does this feeling mean?" Feel the feeling…then…..what does it mean?

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

- ***Be careful NOT TO ACT on emotional impulses until action comes from a good-feeling place of knowing.***

Feel…. ***Know….*** ***Act….***



As an athlete becomes more Quantum Being, they will use less of their cognitive world to guide their action.

Climbing the Mt. Everest of the Tao: The Quantum Being.
What is real and what isn't. I was out at my family's farm under my car in the cold winter snow working on the rear brakes. I called my grandmother to tell her I was going to be late for our dinner because I was having trouble with the repair. In her mind, she believed I was out shacking up with a girl somewhere. She was convinced that my car repair was just a hoax. I shook my head and said I will see you later and went back out under that car in the frozen snow. She had her awareness of what was real and what was happening and acted accordingly. I had mine. Is your mind determining what reality is or what it isn't?

What reality is your awareness determining? Are you focused, aware, and dwelling within what is desired or within what is not desired? Your action follows that determination.

I was in a wrestling match down one point when we went off the mat. I was on top with 10 seconds left on the clock. 10 seconds. What can I do in 10 seconds? I still believed that I was the winner of this match. I knew and still could feel myself as victorious. The whistle blew; my mind went blank. I saw myself get my leg in for a cross-body ride, threw myself forward with his am in a chicken wing on to his back. 2 points and the match was over. I won! I never used or practiced the cross-body ride, but somehow "It Happened".

In a Quantum World, awareness and action are not two separate events but become a singular behavior. As the mind shapes reality, the heart reveals its desirability.

Quantum Being is a "Peaceful State of 'No-Mind' Potential"....of mindless heightened and expanded awareness igniting instantaneous and explosive action. Quantum Being is death of the Ego-Mind, the convoluted, twisted, and blaring aspect of the "cognitive mind" an athlete created to survive within their past cultural environment. As-long-as the Ego-Mind still shapes its own reality, it sabotages a future, heart centered heightened and expanded awareness of spontaneous explosive action. Quantum Being is a very subtle heart-centered existence of supreme confidence and awareness. Quantum Being is a practice of "no-mind" and being of "no-thought" (where mental activity is silenced) allowing a state of infinite potential.
When you step out onto the mat, who has the stronger more powerful cognitive-emotional re-processing capacity for success and can attain and maintain their heart centered emotional awareness and knowing that they are the winner, you or your opponent?

Climbing the Mt. Everest of the Tao

The Quantum Being and Your Personal Power of Qi

Mindless Heightened and Expanded Awareness

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

Mindless Instantaneous and Explosive Action

The Practice of Mental Silence and Emotional Awareness

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Up to now, I have been talking within our common mental-emotional belief and understanding of time, space, objects, and the "reality" we have been taught and live by every day. But what if time, space, objects, and our awareness of this reality are all interconnected and different for different people. The Quantum World is not logical and doesn't make sense to our common mental awareness and consciousness. In the Quantum World, we talk about "no-mind" and "mindless" because the world we constructed with our mind as children and know mentally as "real" or "reality" must be put aside. This may not make sense to you now, but as you start silencing your mind and find five minutes of complete quiet every day, you will gain your own appreciation of the Quantum Universe.

My wife and I were sitting on our patio with our cat Mindy lying on the grass in front of us. My wife suddenly saw a hawk swoop in with astonishing speed towards our cat and then fly off. My experience was different. As the hawk swooped in, time stopped and for a moment we stared at each other. I commanded "No". The hawk turned his head and flew off. Time is not the ticking of seconds on a clock. Time is flexible, pliable, it expands and contracts. What can you as a competitor do within those seconds that time slows down or even stops?

In Quantum Physics there is the "double split experiment" where light and time behave one way when not observed, and another when observed. An athlete does not just observe what is, and what is happening, but with that observation, shapes what is and will be. Just by being aware, observing, and giving meaning to an event makes it so. As an athlete, are you aware and acting as you want or as your opponent wants?

What do I mean by this?

As a drafting instructor, helping a student, I could get "caught" in "their" mistaken mental construction to the solution of a drawing problem. I could get caught in their vibrational vortex and awareness what they saw as real. As an athlete, do you want to be caught in your opponent's reality of their success or in your reality of your own success? Only from within your heart, are you aware and acting as you want or as your opponent wants. 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.

Climbing the Mt. Everest of the Tao

The Quantum Being and Your Personal Power of Qi

Mindless
Heightened and
Expanded Awareness

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

Mindless
Instantaneous and
Explosive Action

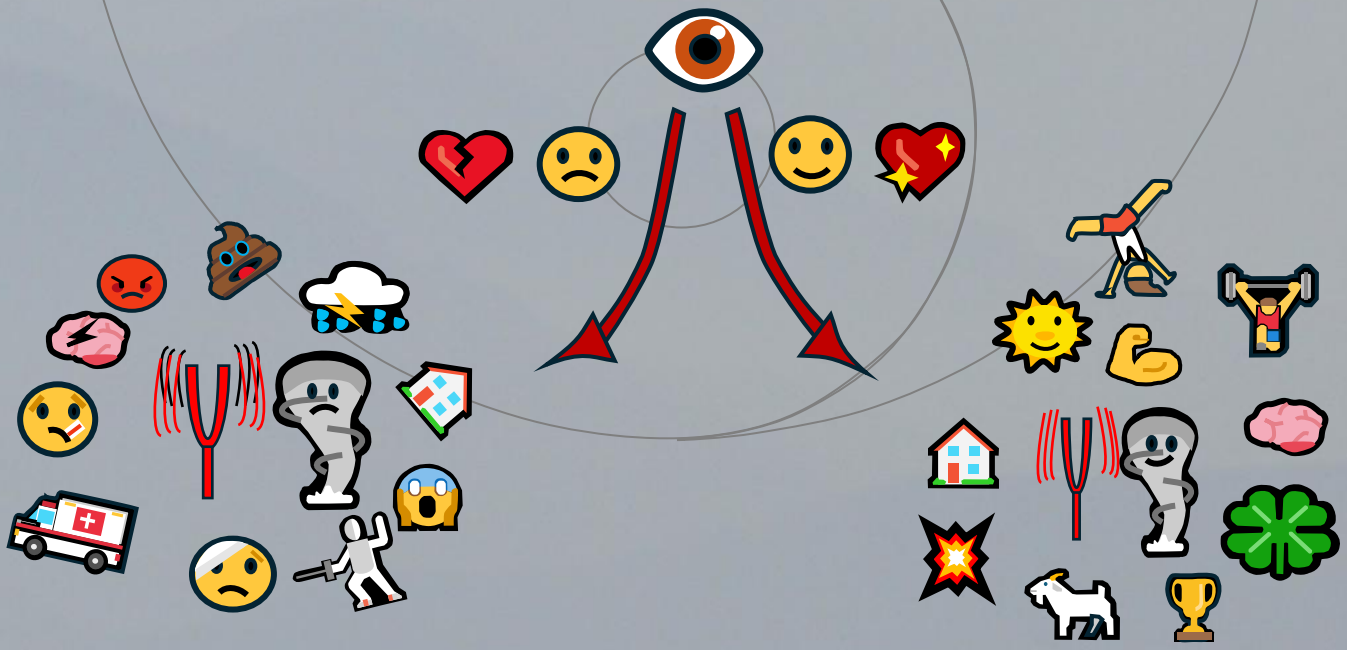
Quantum Physics: Double split experiment. Light and time behave one way when not observed, and another when observed.

An athlete does not just observe what is but with that observation, shapes what is and will be.

Why heart centered ***Awareness*** ***and Action*** ***?***

Observation makes it so.

1) Is your awareness on an undesired what is and will be or on a desired what is and will be. What is your heart telling you?



2) Only from within your heart, are you aware and acting as you want or as your opponent wants.

Success is not trying. Success is not doing. Success is being. Success is a state of being, a feeling-good, mental-emotional healthy state of being that has evolved with power, strength, speed, stamina, agility and successful decision-making ability.

Don’t’ do it. Be It!

Success is not trying.

Success is not doing.

Success is being.

Success is a state of being:

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

Don't' do it.

Be It!

I give you an end of a stick to hang on to.
One end represents strength, empowerment,
and successful decision-making.
The other end represents weakness, impotence,
and poor decision-making.
Which end of the stick are you hanging on to?
Do you now know? Your heart knows. Can you
feel it?

Which end of the stick are you hanging on to?

strength, empowerment, and successful decision-making.

weakness, impotence, and poor decision-making.

Do you know?

Your heart knows.

Can you feel it?

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 traditional 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.

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