“The Tao of Athletic Success Workout”
SP Initial Presentation Video Transcript
https://youtu.be/JEiTc5dhuY8 (2025-10-10c)
(2026-09-01a)

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?

"The Tao of Athletic Success Workout"
Initial Presentation Video

Success or failure in competition (or in life itself) is a mental-emotional state of being first determined within the battlefield of the mind. My question to you is, "are you ready to take on that battle?".....for yourself? ....for your family? ......for your team? How about for your nation and God?

Hello, my name is Andrew Jackson, and I am creator and director of the Center for Symbiotic Sports Psychology and Coaching.

This video is an Initial Presentation to "The Tao of Athletic Success Workout " , a course in how an athlete and their coaches must utilize and harmonize their mind, body, emotions, and awareness together, as a team, to succeed in competition and in life.

YouTube Video Link:
"The Tao of Athletic Success"
Initial Presentation Video
https://youtu.be/JEiTc5dhuY8 (2025-10-10c)
Or
Obtain link at:
https://symbioticpsychology.com/
https://emotional-evolution.com/

For viewing as a PDF, go to page view and set to "2 page" and "show cover page separately".

"The Tao of Athletic Success Workout"
Initial Presentation Video on YouTube
(rev2026-04-12a)

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

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

Center for Symbiotic Psychology
P.O. Box 930153
Verona, WI 53593 USA
+1-608-234-8116
ajackson@symsyc.com
symbioticpsychology.com

I give you an end of a stick to hang on to.

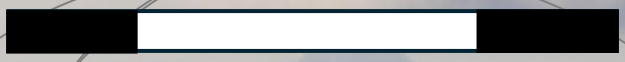
One end represents strength, empowerment, and successful decision-making.

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?
Can, and will you?



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Can, and will you?

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

"Do not fixate on the broken and mangled hand,
for it is indeed a soreness to any beholder.
The message is not within the hand,
nor within the moon and stars at which it points,
but rather lies within another Universe that surrounds us
known only through its quiet revelations."

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

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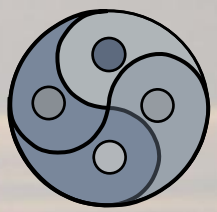
Have any of you slowed down enough to appreciate the movement of light and shadow throughout the day as the sun travels across the sky?

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

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

Why learn from "The Tao of Athletic Success"?



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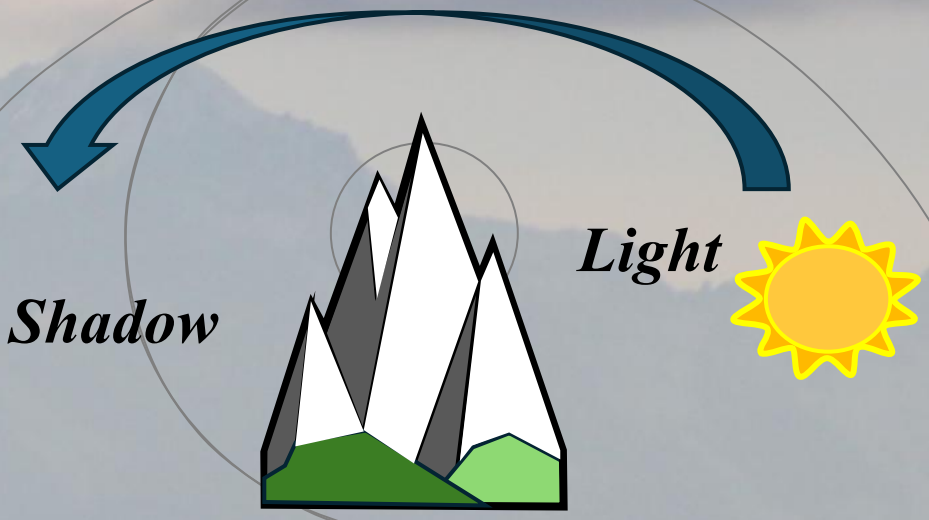

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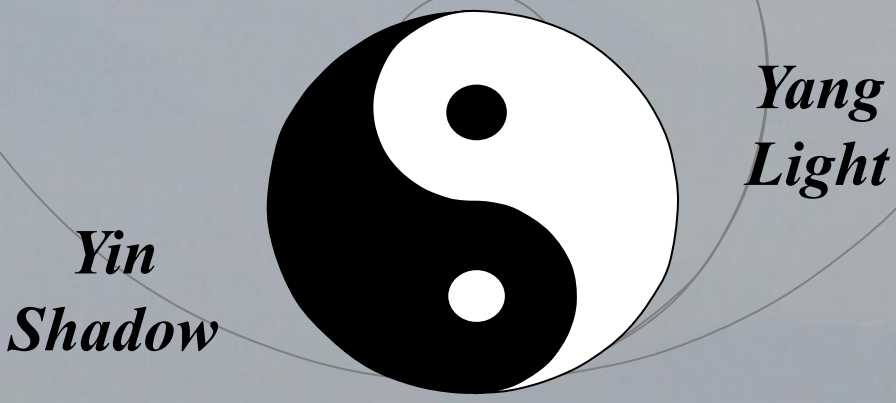


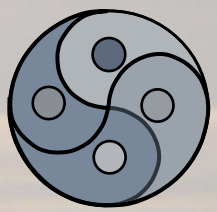
In the Tao, this harmony of light and shadow is represented as YinYang.

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

The mind, or cognition, is what goes on between the ears…. The mental activities of knowing and awareness such as thoughts, memories, beliefs, imagination, perceptions, and reason.

Emotions are felt. They, either feel-good or they feel-bad. Moods, attitudes, and feelings also feel-good or feel-bad.

Why learn from
"The Tao of Athletic Success"?



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

Yin
Shadow,
Feminine,
Emotions

Yang
Light,
Masculine,
Mind

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

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

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

they feel-good

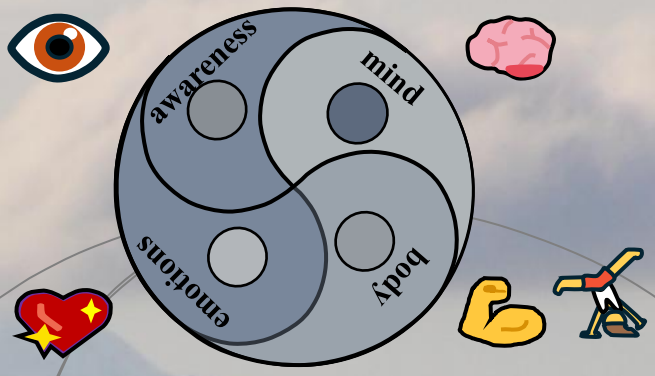
or they feel-bad.

The Tao of Athletic Success is based in the natural evolution and symbiotic synergy between mind, body, emotions, and awareness.

A symbiotic relationship is when different and separate entities work harmoniously together for their mutual benefit.

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

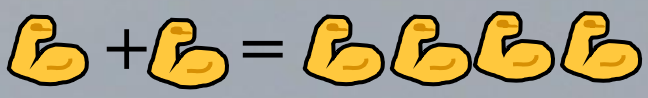
Why learn from "The Tao of Athletic Success"?



2) The Tao of Athletic Success is based on the *symbiotic synergy* between mind, body, emotions, and awareness.

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

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



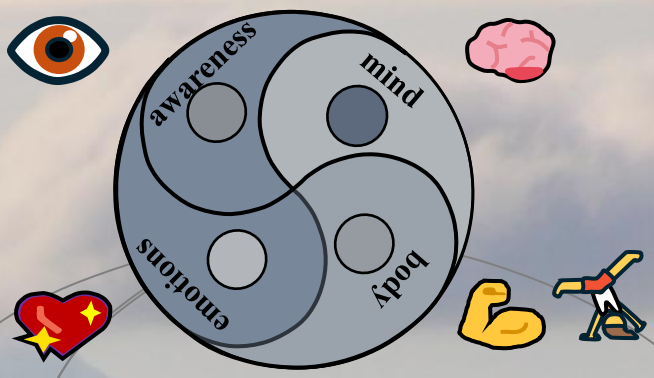
Why learn from “The Tao of Athletic Success”? The Tao of Athletic Success is about the harmonious mind, body, emotions, and awareness relationship which has evolved over millions of years of struggle, hardship, and conflict and the survival of the strongest, fastest, most agile and clever.

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

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

Why learn from "The Tao of Athletic Success"?



c. The Tao of Athletic Success is about the harmonious mind, body, emotions, and awareness relationship which has evolved over millions of years of struggle, hardship, and conflict and the survival of the strongest, fastest, most agile and clever.

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**

vulnerable to illness, injury, accidents and poor decision-making capacity.

Which end of the stick are you hanging on to? Your emotional awareness lets you know.

Are you training, practicing, and competing within a bad-feeling, unhealthy, weak, fragile, and imbalanced physiology.

Or are you training, practicing, and competing within a good-feeling, healthy, strong, robust, and balanced physiology.

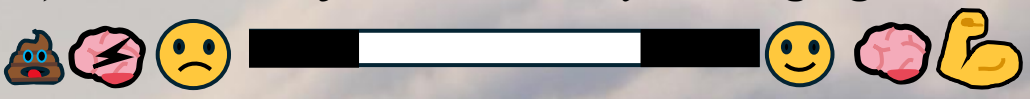
What is your mental-emotional state of being? What do you feel when your mind is focused and dwelling upon that which is NOT wanted, desired, or intended such as a dropped ball, missed tackle, fumble, missed block, penalty, interception, or blown coverage. What ticks you off in your sport?

Or….

What do you feel when your mind is focused and dwelling upon that which IS wanted, desired, and intended such as a successful play, great route, effective blocking, good tackling, a bewildering run, or pinpoint passing. What excites you in your sport? Emotional Good-feelings are the perception of healthy, strong, robust, and balanced physiology conducive to power, strength, speed, stamina, endurance, and agility as well as with powerful and successful decision-making ability and prowess.

Why learn from "The Tao of Athletic Success"?

3) Which end of the Stick are you hanging on to?



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

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

4) Cognitive-Emotional Evolution

Focus and dwelling upon that which is NOT wanted, desired, or intended:

a dropped ball, missed tackle, fumble, missed block, penalty, interception, or blown coverage. What ticks you off in your sport?

Emotional Bad-feelings *are the perception of an unhealthy, weak, fragile, and imbalanced physiology*

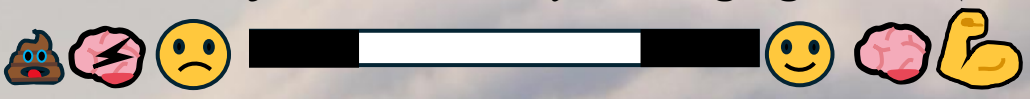
Focus and dwelling upon that which IS wanted, desired, and intended:

a successful play, great route, effective blocking, good tackling, a bewildering run, or pinpoint passing. What excites you in your sport?

Emotional Good-feelings *are the perception of healthy, strong, robust, and balanced physiology*

Which end of the Stick are you hanging on to? What is your mental-emotional state of being? Are you competing within an emotional good-feeling state? Emotional good-feelings are the perception of a healthy, strong, robust, and balanced physiology of the mind and body that are conducive to health, well-being, and successful decision-making ability and prowess.

3) Which end of the Stick are you hanging on to? (cont.)



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What is your mental-emotional state of being? Are you competing within an emotional good-feeling state of being?

Emotional good-feelings are the perception of a healthy, strong, robust, and balanced physiology of the mind and body that are conducive to health, well-being, and successful decision-making ability and prowess.

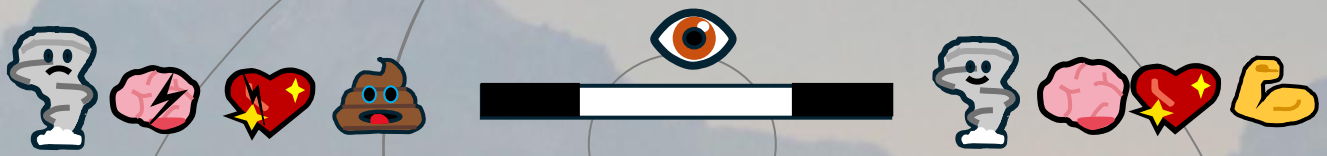
`Emotional wisdom is about the understanding, meaning, and the importance of emotional awareness. Are you focused within a vortex of weakness or within a vortex of strength?

Maybe you mind is off, and you are making mistakes. Or maybe you realize that you can't weightlift like yesterday. But before your awareness of mental mistakes, and your weakened physiology, your bad-feeling emotional awareness was telling you something is off.

Your emotions are YOUR LEADING INDICATOR of your potential physiological health, well-being and successful decision-making prowess. Your emotional awareness is your first indicator that your mind and body are headed towards a vortex of weakness or a vortex of strength.

5) Emotional Wisdom and Understanding The Importance of Emotional Awareness

a. Are you focused within a mental vortex of weakness or within a mental vortex of strength?

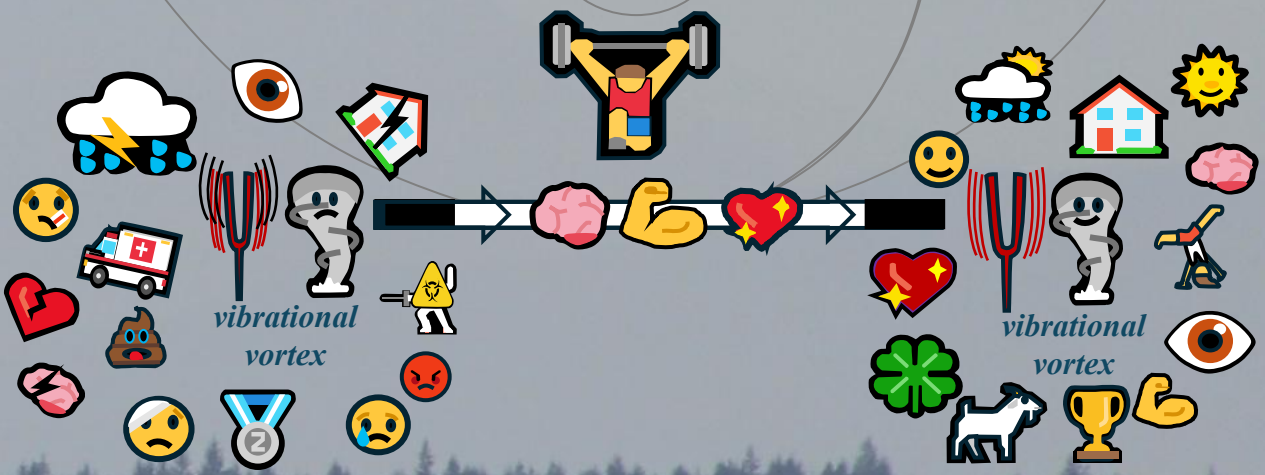


Mental, Emotional, and Physiological Vortex of Weakness

Mental, Emotional, and Physiological Vortex of Strength

Your emotions are YOUR LEADING INDICATOR of biochemical, neurological, and physiological health, well-being and successful decision-making prowess.

The Tao of Athletic Success Workout is about Mental-Emotional Body Strength and Conditioning; that is, developing the ability to move out of a vortex of weakness and into a vortex of power.

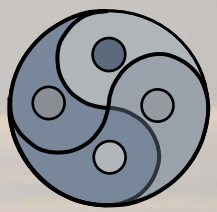


What is today's modern sports psychology coaching and training doing to emotional awareness and understanding as a leading indicator of an athlete's physical health and well-being and their mental successful-decision making ability and prowess?

Are you mentally tough? Is that the sports psychology you learned… Do your coaches and trainers talk to you about mental toughness? Have you learned about anger management and to control your emotions? This mental-emotional conflict, where the mind must control an athlete's emotional being, does not create the symbiotic harmony between mind and emotions necessary for a winning physiology and decision-making prowess.

The Tao of Athletic Success is about developing the harmonious dance between mind and emotions… where they have evolved to work together in symbiotic harmony. Mind has not evolved to dominate emotions. Emotions have evolved to work with mind for a greater synergistic being. What is modern sports psychology coaching and training doing to emotional awareness and understanding as a leading indicator of athletic health, well-being, and successful-decision making ability and prowess?

Why learn from "The Tao of Athletic Success"?



7) An Athlete's Emotional Ignorance

Today's Modern Sports Psychology

What is today's modern sports psychology coaching and training doing to emotional awareness and understanding as a leading indicator of an athlete's physical health and well-being and their mental successful-decision making ability and prowess?

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The Tao of Athletic Success

The Tao of Athletic Success is about developing the harmonious dance between mind and emotions… where they have evolved to work together in symbiotic harmony. Mind has not evolved to dominate emotions. Emotions have evolved to work with mind for a greater synergistic being. What is modern sports psychology coaching and training doing to emotional awareness and understanding as a leading indicator of athletic health, well-being, and successful-decision making ability and prowess?

An athlete's emotional ignorance comes from today's sports psychology.

Mental Toughness is used in the weight room and in physical conditioning. Mental toughness is challenged in practice to keep players going when they are down. Mental toughness is about tolerating and ignoring physical and emotional pain to keep moving and on task. Mental toughness is about controlling emotions. Mind over matter, right? ***No Pain, No Gain….Right?*** but it doesn't work with emotional pain. Remember, the Tao of Athletic Success is about using emotional awareness to guide mental activities towards a strong and powerful physiology.

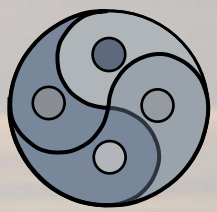
How many of you have heard of and taught to practice ***Mindfulness?*** What are you taught… to be aware of one's emotional, mental, and body state of being and your surroundings ***without*** judging or reacting to them. An athlete must judge and react to their mental-emotional state of being to attain and maintain the health of their physiology. If an athlete just accepts their mental-emotional state and does nothing about it, are they moving towards strength and power… or towards weakness and impotence?

Have your coaches ever told you to have a ***short memory*** and to ***move on*** to the next play after any mistakes, mishaps, and poor judgement? But the solution is not to forget about it, but to have the discipline to use mistakes to get into a better-feeling healthier state of being conducive to better decisions.

Every athlete has mentally learned their sport and moves and how to play the game, but have they been trained to understand their sport and moves and how to play the game emotionally? If an athlete is trained in situational awareness using both their mind and emotions, might they have a competitive advantage? Emotional awareness is directly involved with ***intuitive and instinctive spontaneous reactions.***

Can an athlete trust their emotions within today's language of aberrant and dangerous emotions that drive destructive behavior. Aren't emotions dysfunctional and must be under cognitive control? Don't we have a culture of anger and emotional management and criminal laws and crimes of passion? An athlete can not trust their emotions within such a culture and sports psychology. The Tao of Athletic Success is redefining the role of emotions in sports as well as in our society and culture.

Why learn from "The Tao of Athletic Success"?



8) An Athlete's Emotional Ignorance: Today's Sports Psychology

1. ***Mental Toughness and Focus***
   a. Focus on physical strength, training, and abilities
   b. Tolerate or ignore physical (and ***EMOTIONAL PAIN***)

2. ***No Pain, No Gain….Right (desire pain)***
   a. Doesn't work with emotional pain

3. ***Anger/ Emotional Management and Control***
   a. Emotions must be controlled, regulated, and managed.

4. ***Mindfulness***
   a. awareness of one's emotional, mental, physiological internal state and surroundings without judging or reacting to them (APA)

5. ***Short Memory (move on)***
   a. mistakes, mishaps, poor judgement, even injuries…

6. ***Cognitive and emotional situation awareness training?***

7. ***What about the mental and the emotional game?***
   a. Emotional awareness is directly involved with intuitive and instinctive spontaneous reactions.

8. ***Can an athlete trust their emotions when….***
   a. aberrant and dangerous emotions drive destructive behavior
   b. and therefore: emotional dysfunction under cognitive control
   c. (anger/emotional management, crimes of passion)

9. ***Symbiotic Sports Psychology and Coaching***
   a. Redefining the role of emotions in sports and in our society and culture.

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 Mt. Everest of the Tao? Are you in a vortex of disempowering, unhealthy, and bad-feeling mental activities susceptible to injury, accidents, and poor decision-making? Or are you in a vortex of empowering, healthy, and good-feeling mental activities conducive to strength, power, and successful decision-making? Look at the lower left. 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 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 ready to make their own ascent of The Tao of Mt. Everest…..safely!

First, we must talk about Mental Toughness vs. Mental Discipline. Mental toughness will lead to injuries and accidents, if not worse. Every athlete must learn to work with their emotions to understand their mind and body's 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. I am not talking about tolerating and playing through pain, injury, and adversity.

What is a "BAGUBA"?

Why learn from "The Tao of Athletic Success"?

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

8) Mental Toughness vs. Mental Discipline

a. "BAGUBA"

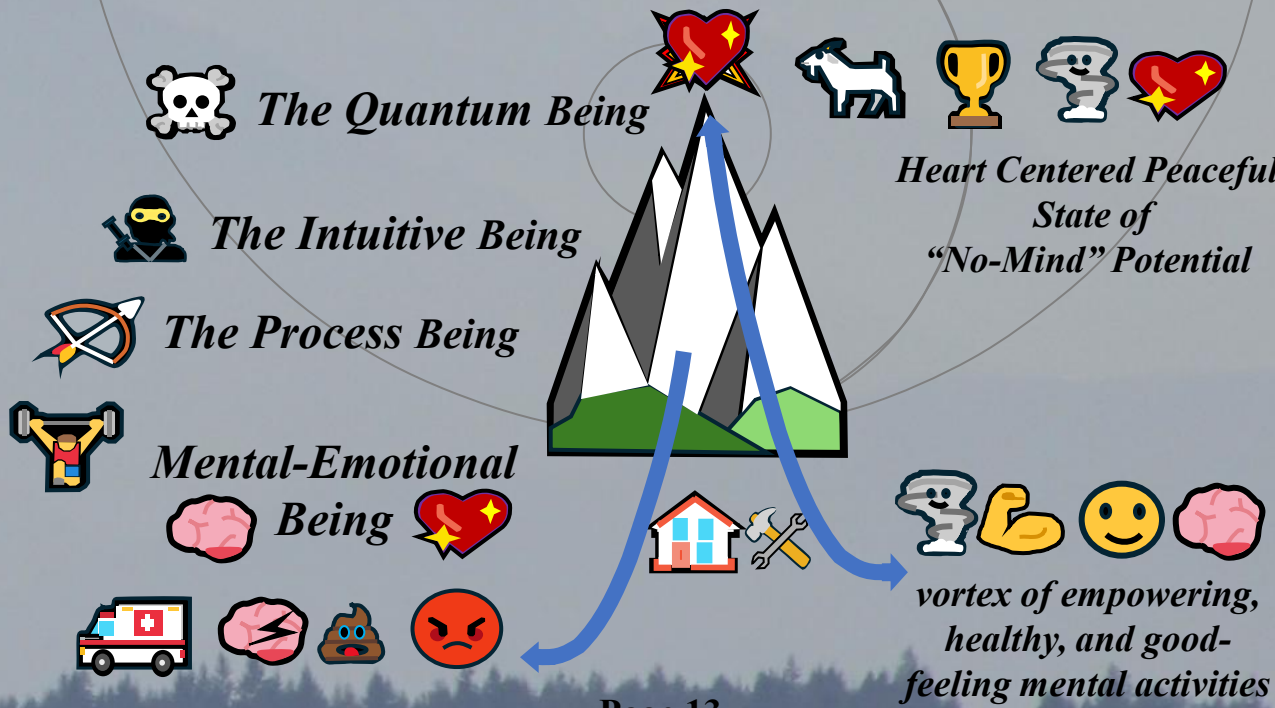
i. Brutally Aggressive Guy (Girl) Uninhibited by Adversity

b. "BAGUBA"

i. is NOT about brutally dominating the opposition – physically, emotionally, and mentally.

ii. is NOT about mental toughness.

iii. is not about tolerating and playing through pain, injury, and adversity.



A “BAGUBA” is not about mental toughness but having the mental discipline to use one’s own emotional awareness to refocus the mind from a place of weakness to a place of power.

A “BAGUBA” is about mental-emotional re-processing to get into a better feeling place of success under extreme conditions of hardship, adversity, and “disconnection”.

“BAGUBA” training for success means having the mental discipline and ability to re-process bad-feeling, unhealthy thoughts, beliefs, memories, imaginings, perceptions, and reasoning into a good-feeling, healthy state of physiology conducive to strength, power, speed, endurance, and agility, and successful decision-making ability and prowess.

8) Mental Toughness vs. Mental Discipline (cont.)

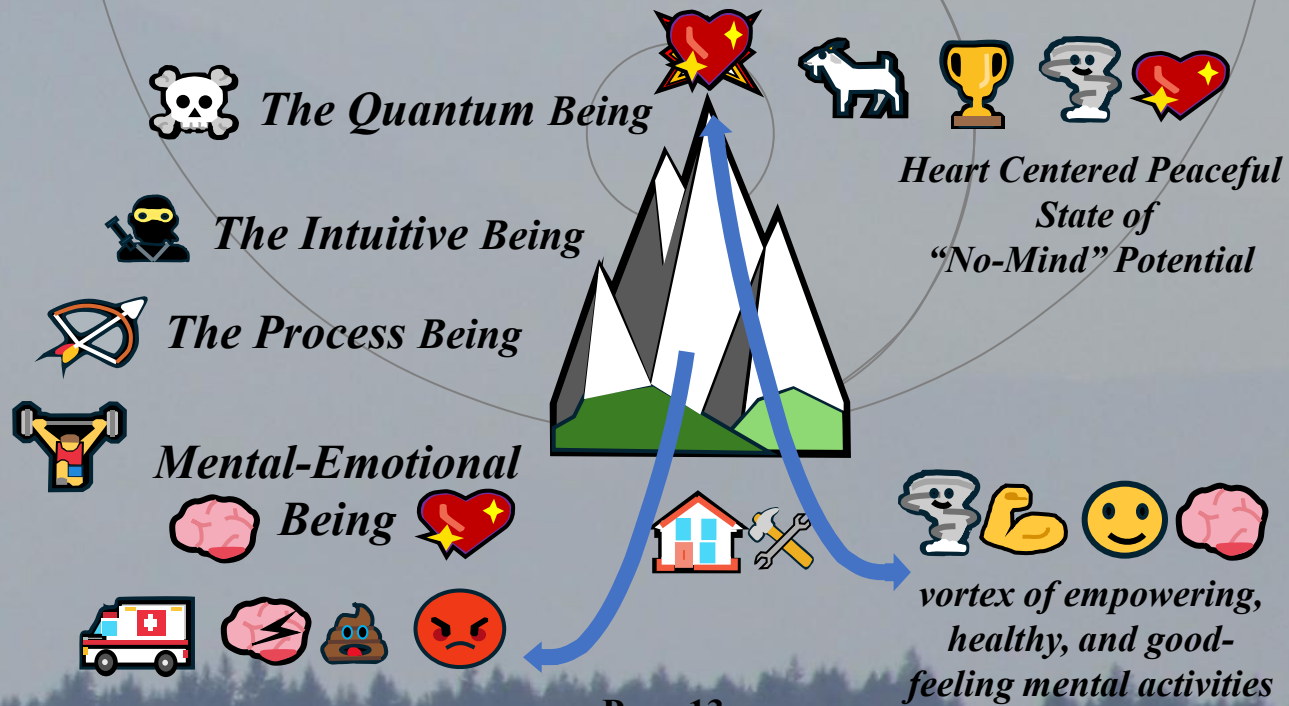
c. "BAGUBA" is about mental-emotional re-processing to get into a better feeling place of power!

d. "BAGUBA" is about mental discipline!

- ***i. The ability to re-processes under extreme conditions of "disconnection"***

e. "BAGUBA" training for success means having

- ***i. mental discipline, ability, and motivation to get into a healthy, good-feeling state of power and success***
- ***ii. the feeling-good symbiotic synergy between mind, body, emotions, and awareness***
- ***iii. strength, power, speed, endurance, and agility, and successful decision-making prowess.***

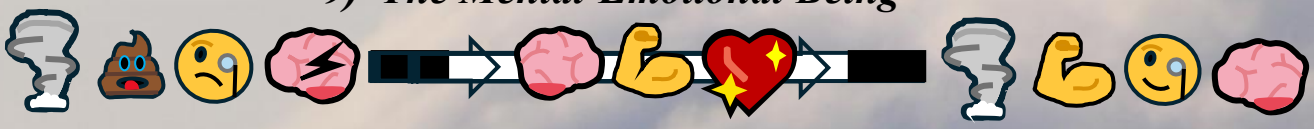


An athlete's foundation for climbing the Mt. Everest of the Tao is the health of their Mental-Emotional Being. Mental-Emotional Strength and Conditioning is about developing and strengthening an athlete's skills, abilities, and understandings to successfully re-process disempowering, unhealthy, and bad-feeling 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.

From their, comes the Process Being. An athlete can develop their actuation powers of success. Every successful competitive move, play, or shot, involves a 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. And, emotionally feeling-bad has an evolved correlation with an un-healthy physiology

Climbing the Mt. Everest of the Tao

9) 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.

10) The Process Being: The Actuation Process of Success

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

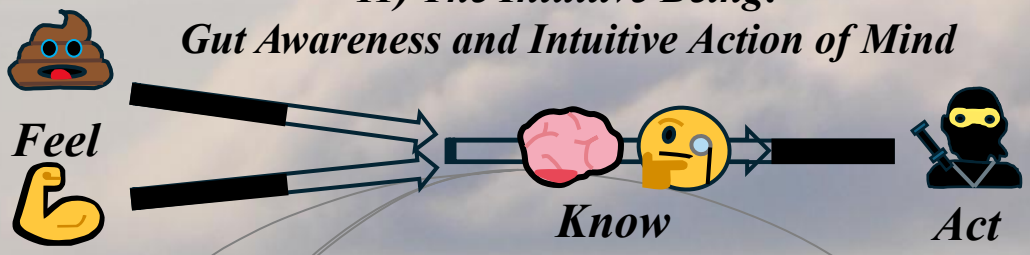
Every successful competitive move, play, or shot, involves a five-step process. Learning and actualizing these steps will also reduce and eliminate accidents and injuries due to an unhealthy and imbalanced physiology. Intend It, Think It, Feel It, I Know I Know It, and Allow It. These 5-Steps harmonize 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. And, emotionally feeling-bad has an evolved correlation with an un-healthy physiology

Developing the Intuitive Athlete is where the Tao of Athletic Success begins moving out of our Newtonian Physics of linear time, space, and mass and into the Quantum world of non-linear time and space. and vibrational mass and energy of the Qi. An “Intuitive Being” acts on a “knowing 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.

Quantum Being is a Heart Centered Peaceful State of ‘No-Mind’ Potential”….of mindless heightened and expanded awareness igniting instantaneous and explosive action. Quantum Being is a state of “no-thought” centered in the Heart. Quantum Being is a very subtle and silent heart-centered existence of supreme confidence and awareness. There is not a convoluted, twisted, and blaring “mind” to interfere with and obstruct heart centered heightened and expanded awareness and spontaneous explosive action. Champions, in sport or in life, prevail because their cognitive-emotional projection of reality becomes dominant and prohibits the competition from seeing the reality of their own success.

Climbing the Mt. Everest of the Tao

11) The Intuitive Being: Gut Awareness and Intuitive Action of Mind



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.

12) 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 Being is a "Peaceful State of 'No-Mind' Potential"….of mindless heightened and expanded awareness igniting instantaneous and explosive action. Quantum Being is a state of "no-thought" centered in the Heart. Quantum Being is a very subtle and silent heart-centered existence of supreme confidence and awareness. There is not a convoluted, twisted, and blaring "mind" to interfere with and obstruct heart centered heightened and expanded awareness and spontaneous explosive action. Champions, in sport or in life, prevail because their cognitive-emotional projection of reality becomes dominant and prohibits the competition from seeing the reality of their own success.

Which end of the Stick are you hanging on to? Which end of the stick do you want to hang on to? The player and team that wallows in the bad-feeling misery of a “mishap” and maintains their bad-feeling vortex on that which is NOT wanted/desired/intended will magnify each mishap into even more poo.

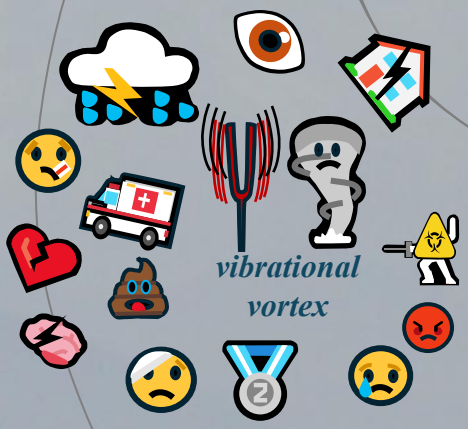
The player and team that, spites each “mishap” and maintains their good-feeling vortex and awareness on their want/desire/intent of success and victory will learn and even use each mishap to their benefit.

13) Which end of the Stick are you hanging on to?

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

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

A Vortex of Emotional Bad-Feeling Mental Activities



A Vortex of Emotional Good-Feeling Mental Activities

The player/team that wallows in the bad-feeling misery **of a "mishap" and maintains their bad-feeling vortex on that which is NOT wanted/desired/intended will magnify each mishap into even more poo.**

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

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 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 your mental activities from that which are not wanted to mental activities that are wanted. Realize and be aware of your unwanted, negative, emotional bad-feelings that represent an unhealthy physiology of weakness.

   But understand the power of your bad-feeling, negative thoughts. They tell you what you are focused on, such as a penalty, turnover, interception, fumble, missed block. In your sport, your position, your "performance", what don't you want?

   Now, find a better feeling thought. Do your 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.

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

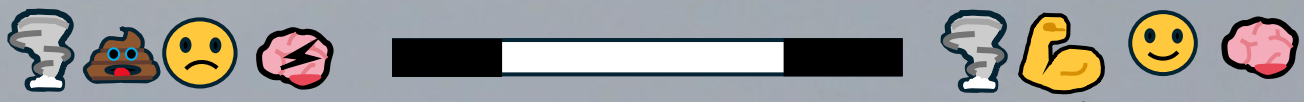
Discipline, Work, Strength, & Conditioning

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

14) 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 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.***
   - *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…*



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

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

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 misery, do something for yourself that brings you back to good-feeling emotions, moods, attitudes, and feelings of a healthy physiology. Distracting activities are only a first step. An athlete must get to where they can do something about their feeling-bad and 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

15) Cognitive-Emotional Re-Processing: Step 1

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) ***????***

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.

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.

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

Discipline, Work, Strength, & Conditioning

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

16) Cognitive-Emotional Re-Processing: Step 2

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 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)***

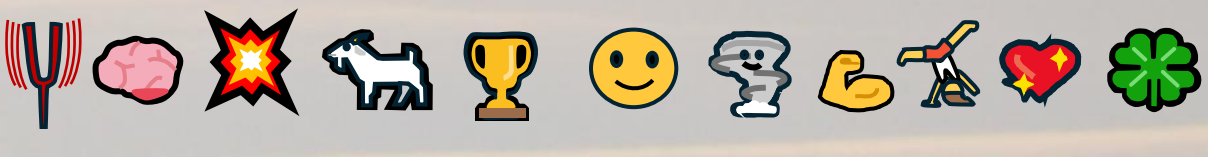
Symbiotic Sports Psychology and Coaching…is about

1) an athlete's awareness of their own emotional state of being.

2) an athlete's understanding and significance of their evolved good and bad-feeling emotions, moods, attitudes, and feelings and their correlation with physiological health, well-being, and successful decision-making prowess.

3) Developing an athlete's mental-emotional strength, skill, and agility to re-focus the mind from… bad-feeling, unhealthy, and disempowering mental activities susceptible to mishaps, injury, accidents, and poor decisions and towards… good-feeling , healthy, and empowering mental activities that correlate with a powerful, strong, and agile physiology conducive to strength, power, and successful decision-making prowess;

4) Symbiotic Sports Psychology and Coaching is about making possible Gut Awareness and Intuitive Action of Mind and a Heart Centered Peaceful State of "No-Mind" Potential of Mindless Heightened and Expanded Awareness Igniting Mindless Instantaneous and Explosive Action



17) Symbiotic Sports Psychology and Coaching…is about:

1. *An athlete's awareness of their own emotional state of being*

2. *An athlete's understanding and significance of their evolved good and bad-feeling emotions, moods, attitudes, and feelings and emotions correlation with physiological health, well-being, and successful decision-making prowess*

3. *Developing an athlete's mental-emotional strength, skill, and agility to re-focus the mind from…*
   a. *bad-feeling, unhealthy, and disempowering thoughts, memories, beliefs, imaginings, perceptions, and reasoning susceptible to mishaps, injury, accidents, and poor decisions*

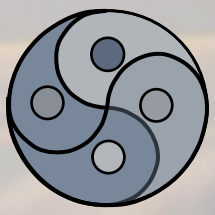
and towards…

   b. *good-feeling , healthy, and empowering mental activities that correlate with a powerful, strong, and agile physiology conducive to strength, power, and successful decision-making prowess.*

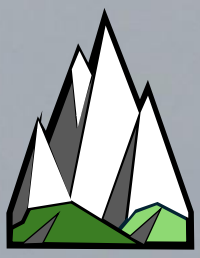
4) *Making possible Gut Awareness and Intuitive Action of Mind*

And

Heart Centered Peaceful State of "No-Mind" Potential of Mindless Heightened and Expanded Awareness Igniting Mindless Instantaneous and Explosive Action

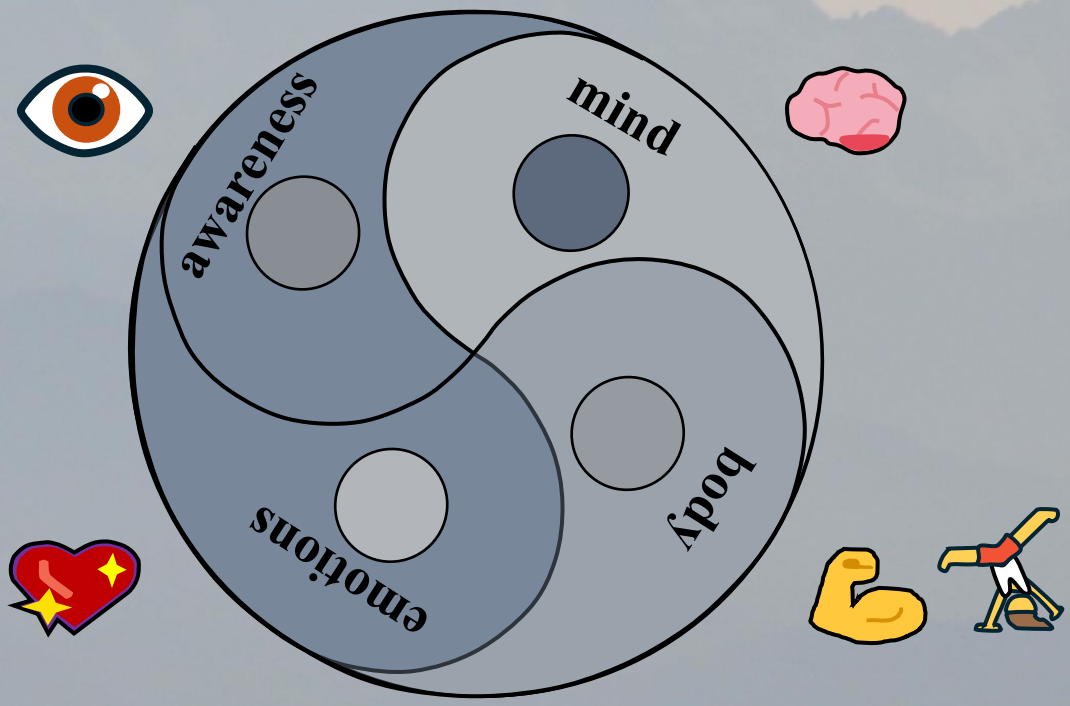


The success of any athletic training cannot be defined solely by the athlete's ability to win today; success must also be defined by the athlete's ability to achieve along with the presence of health, vigor, and joy (and the necessary cognitive skills, abilities, and motivation to nurture these winning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



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.

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



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

You can't 'do it'

until you feel it.

Success is not trying.

Success is not doing.

Success is being.

Success is a state of being.

Don't' do it.

Be 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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