A Coach's & Athlete's Guide to "The Tao of Athletic Success"

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The evolutionary harmony between the mind, body, emotions, and awareness for success.

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In competition, 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?



In competition, which end of the stick are you hanging on to?



strength, empowerment, and successful decision-making.



weakness, impotence, and poor decision-making.

Are you in a horror movie deciding to hide behind a curtain of chainsaws vs. getting into a running car or are you in a "Miracle on Ice" movie becoming one of the greatest sports stories in history?

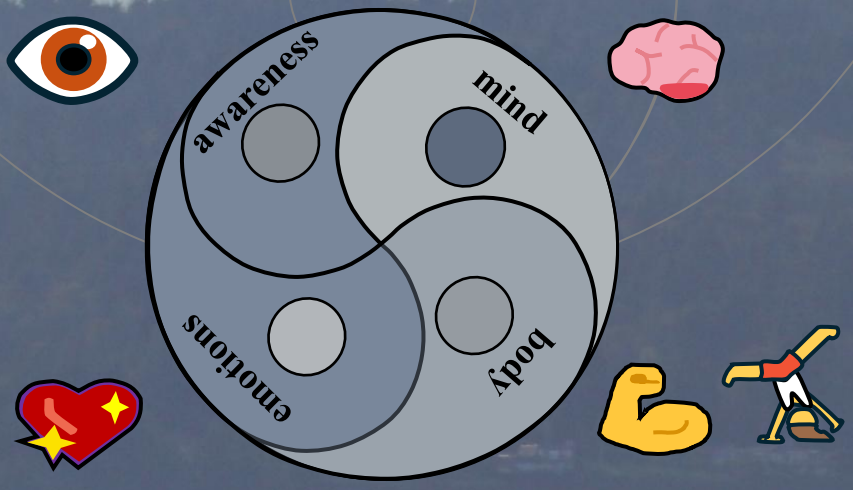
How do you know?



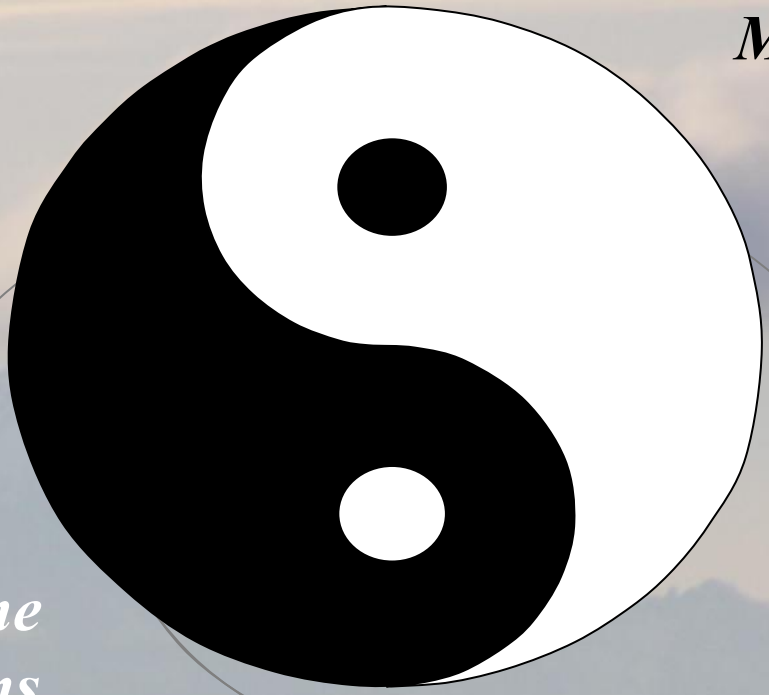
All my work is dedicated to a promising young University of Wisconsin long distance runner who committed suicide.

Sarah Shulze (2000-2022)

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



Yang,
Masculine
Mind



Yin,
Feminine
Emotions

Success or failure in competition, or in life itself, is a cognitive-emotional state of being first determined within the battlefield of the mind.

What is Cognition?



Cognition/Mental Activities
of knowing and awareness:

what goes on between the ears



- Thoughts,
- Memories
- Beliefs,
- Imaginings
- Perceptions
  - Pleasure & Pain
  - emotions
- Reasonings





What Are Emotions?



They Feel Good



They Feel Bad



Emotions are an awareness or perception. We talk about:

bad-feeling emotions (moods, attitudes, and feelings)

OR

good-feeling emotions (moods, attitudes, and feelings)

What Are Emotions?



They Feel Good



They Feel Bad



Bad-feeling emotions (moods, attitudes, and feelings) tell us when we are focused on what we DO NOT want, desire, or intend to have, happen in life's adventures.

OR

Good-feeling emotions (moods, attitudes, and feelings) tell us when we are focused on what we DO want, desire, or intend to have, happen in life's adventures.

What Are Emotions?



They Feel Good



They Feel Bad

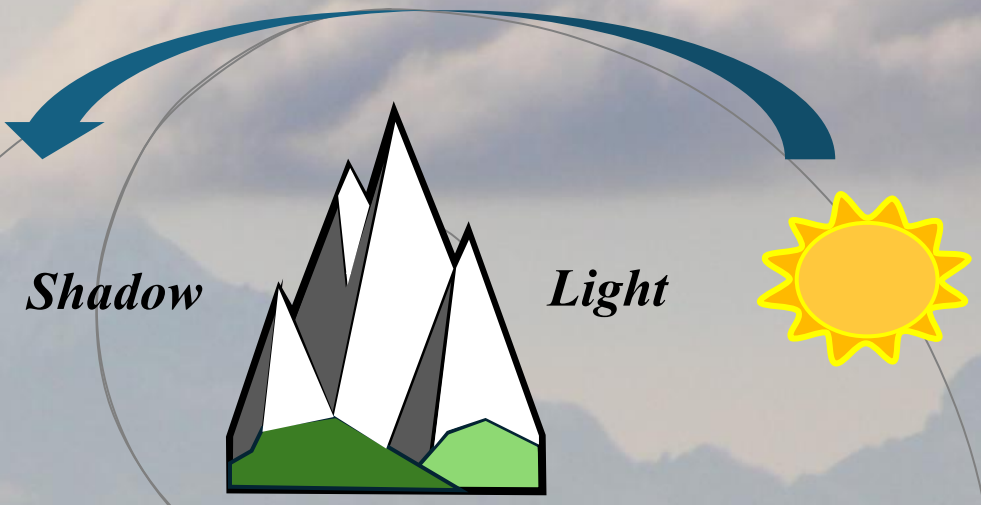


Bad-feeling emotions (moods, attitudes, and feelings) must have an evolved correlation with a weak, unhealthy, and imbalanced physiology susceptible to ill-health and poor critical analysis and unfortunate decision-making abilities.

OR

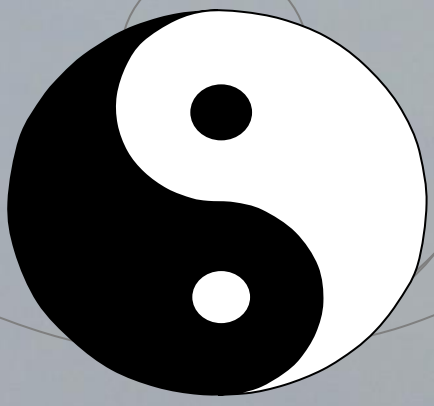
Good-feeling emotions (moods, attitudes, and feelings) must have an evolved correlation with a strong, healthy, and robust physiology conducive to well-being and successful critical analysis and fortunate decision-making prowess

What is YinYang?



Recognize the harmonious movement of light and shadow as the sun travels across the sky:

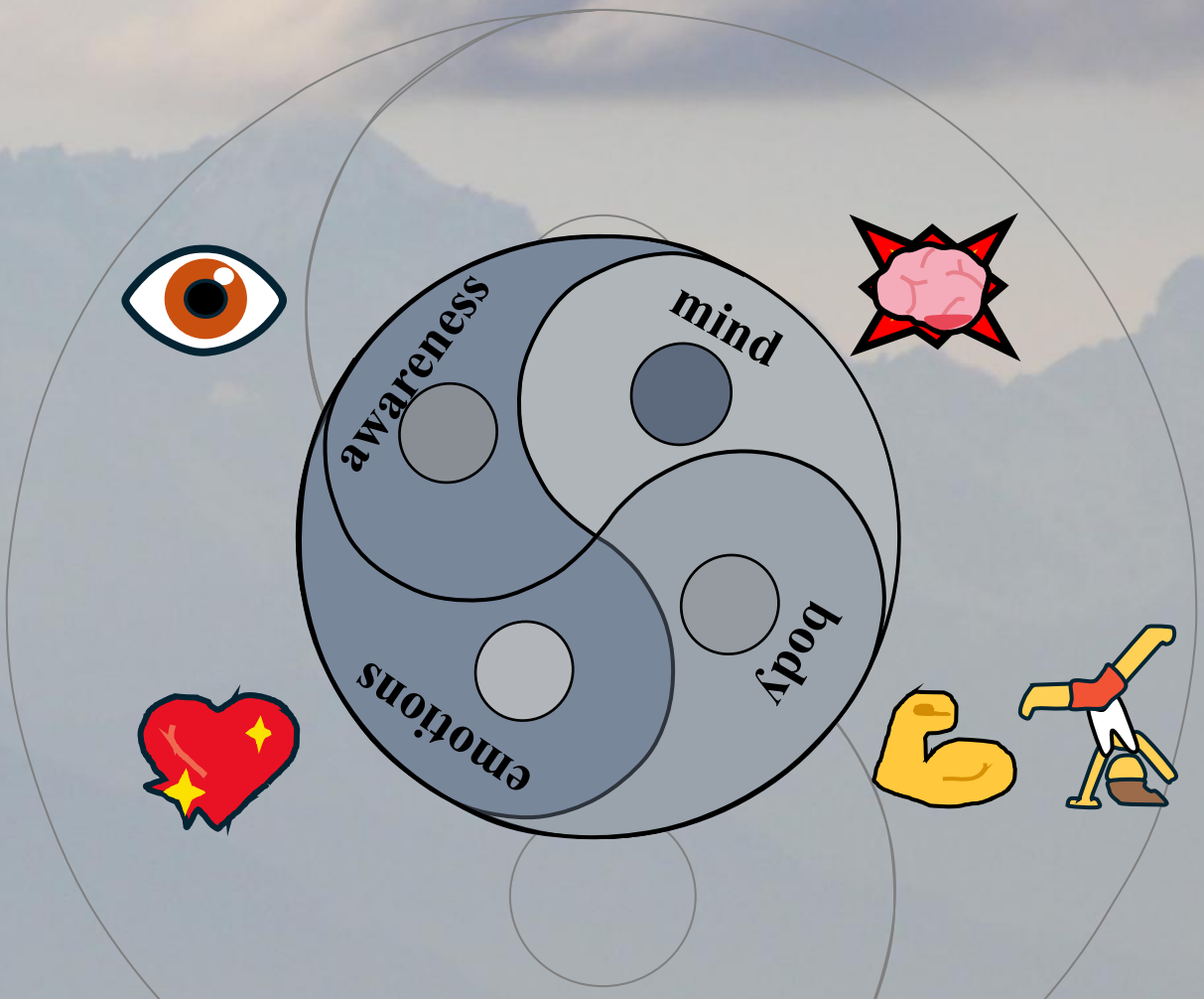
Yin
Shadow,
Feminine,
Emotions



Yang
Light,
Masculine,
Mind

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

What is "The Tao of Athletic Success?



the harmony, cooperation, and movement between mind, body, emotions, and awareness as they work in symbiotic synergy.

What is "symbiotic synergy"?

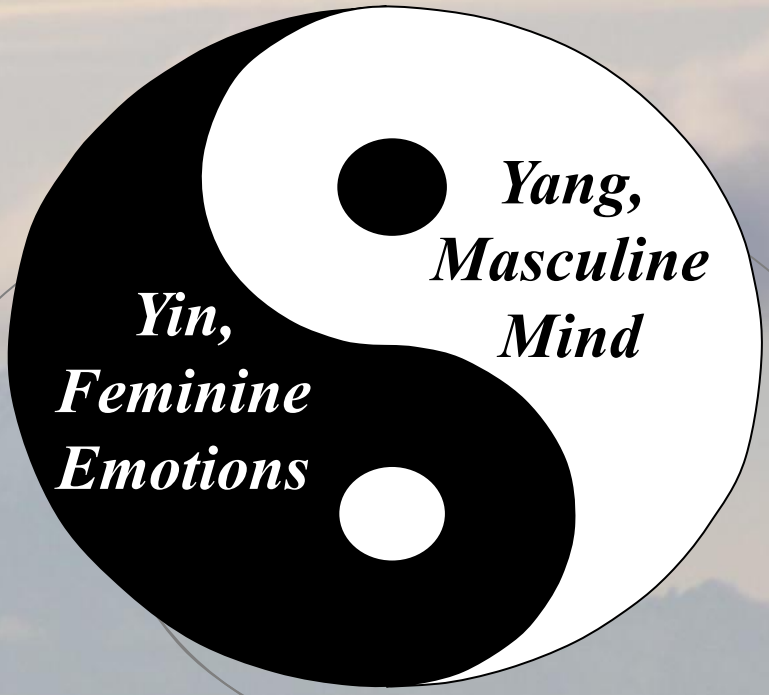
a. ***Symbiotic:*** **when different and separate entities/parts work harmoniously together for their mutual benefit.**



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.**

💪+💪= 💪💪💪💪 or more

"The Boys in the Boat" by Daniel James Brown
"Miracle on Ice" playwriter Lionel Chetwynd



Success or failure in competition, or in life itself, is a cognitive-emotional state first determined within the battlefield of the mind.

What Are Emotions?

The cognitive/mental aspect of emotions

Cognition/Mental Activities

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



Focus on not-wanted, desired, intended



Name some undesirable circumstances:



Awareness of bad-feeling emotions within moods, attitudes, and feelings

What Are Emotions?

The cognitive/mental aspect of emotions

Cognition/Mental Activities

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Focused on wanted, desired, intended



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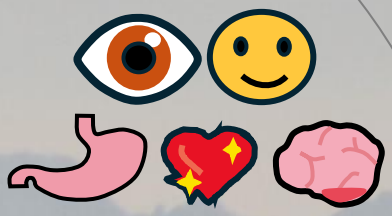
Awareness of good-feeling emotions within moods, attitudes, and feelings

What Are Emotions?

The physiology (body) aspect of emotions

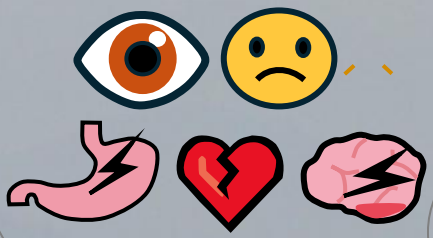
Emotions are the perception of changes and states of biochemistry, physiology and neurology in the brain and body.

Feels Good



Awareness of a healthy physiology (biochemistry and neurology).

Feels Bad



Awareness of an unhealthy physiology (biochemistry and neurology).

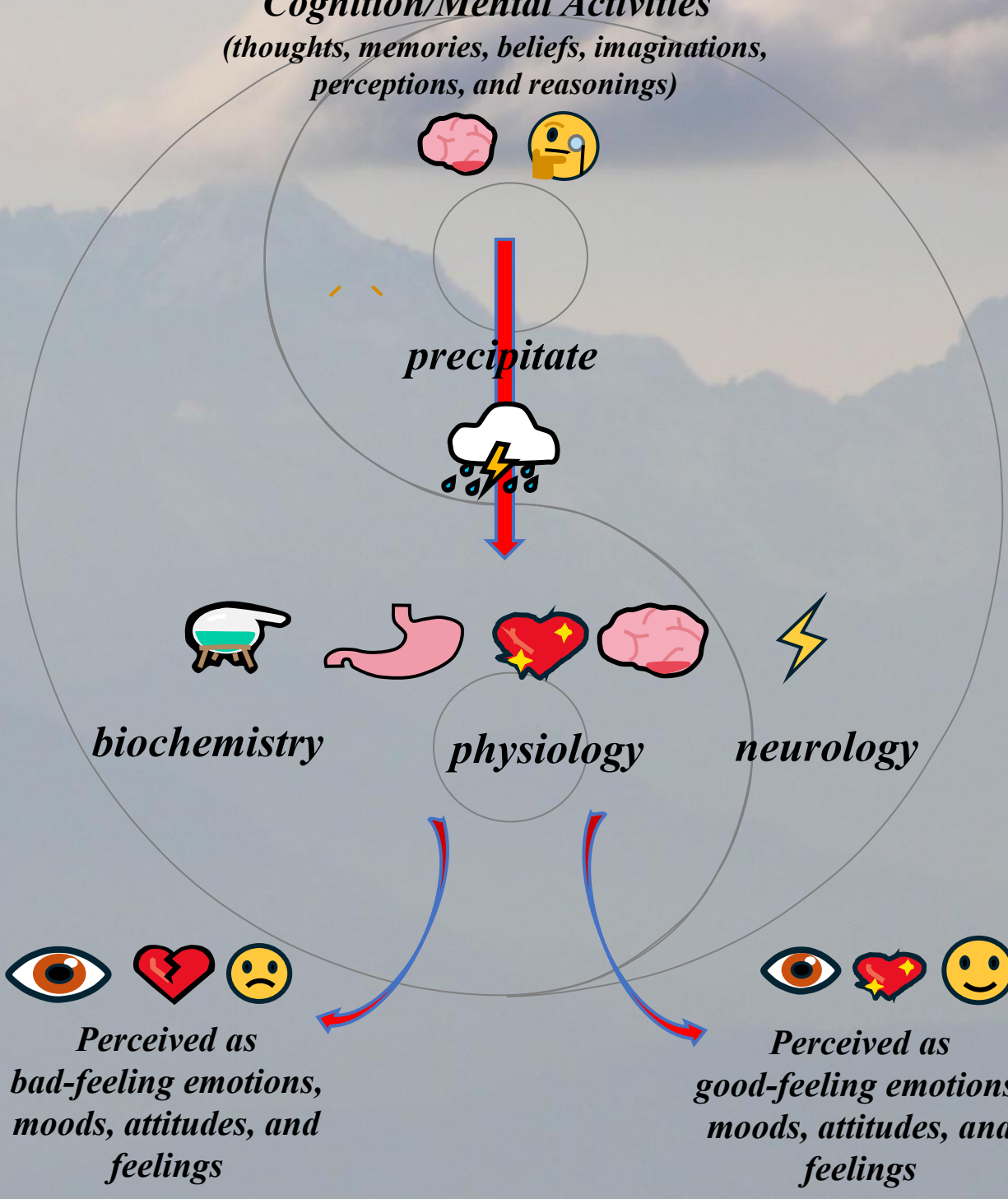


biochemistry ***physiology*** ***neurology***

Physiology is the scientific branch of biology that studies how living organisms, their organs, tissues, cells, and biomolecules function and carry out physical and chemical processes. Google Search

Cognitive-Physiological -Emotional 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. And it is these changes and states of physiology that animate and drive the body and its behavior.





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.

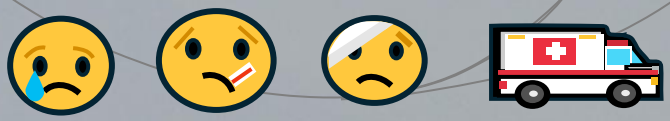


Feeling-bad emotional awareness

has evolved with a weak, frail, and unhealthy physiology of the mind and body



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



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

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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. And it is these changes and states of physiology that animate and drive the body and its behavior.

Cognition/Mental Activities

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

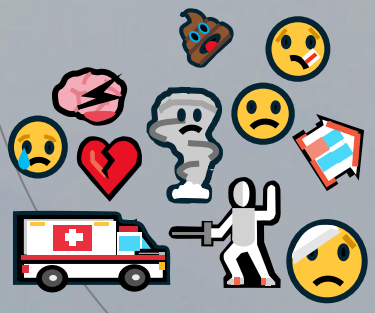


Focused on not-wanted, desired, intended



precipitate





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



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

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Focused on wanted, desired, intended



precipitate





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



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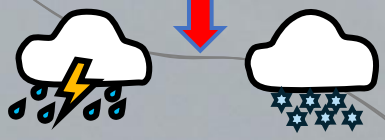


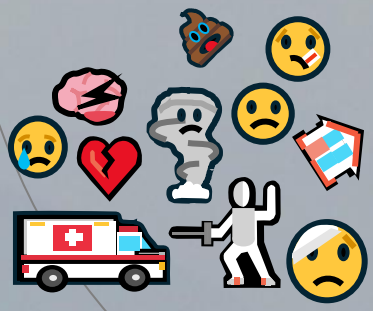
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Perceived as bad-feeling emotions within moods, attitudes, and feelings



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

What Are Emotions?

With the adrenalin rush.

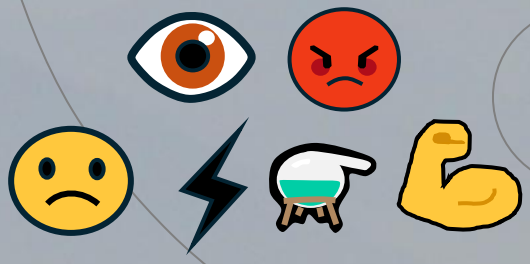


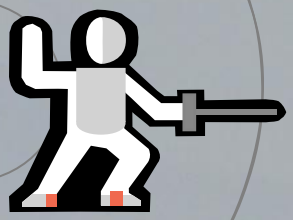
Excitement



Excitement: awareness of good feeling adrenalin rush mixed with healthy emotional good-feelings

Anger





Anger: an injection (and awareness) of a good feeling adrenalin rush mixed with unhealthy emotional bad-feelings

Which end of the stick are you hanging on to?



strength, empowerment, and successful decision-making.



weakness, impotence, and poor decision-making.

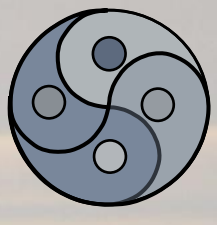
How do you know?



Want, desire, and intent







calibrates your emotional guidance.

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



Feeling-bad

emotional awareness

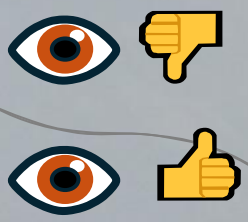
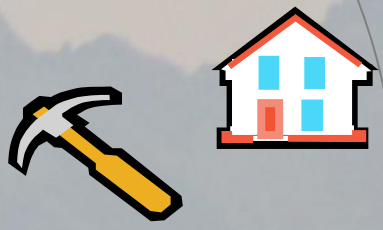
(moods, attitudes, and feelings)



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 of your cognitive mind as a function of want, desire, and intent.

Cognitive-Physiological -Emotional 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. And it is these changes and states of physiology that animate and drive the body and its behavior.

(FIRST)

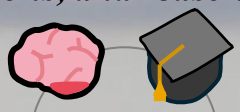
Re-process bad-feeling unhealthy mental activities

(SECOND)

Affirmation of good-feeling healthy mental activities

Cognition/Mental Activities

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



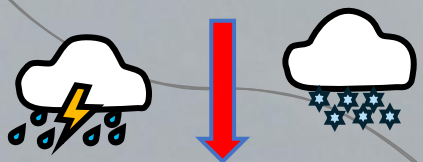
Focused on not-wanted, desired, intended

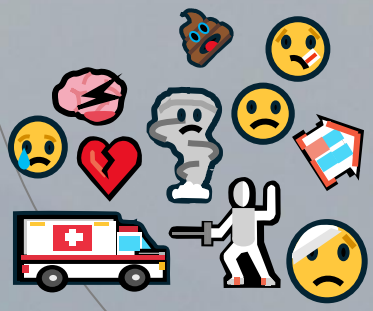


Focused on wanted, desired, intended



precipitate





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.

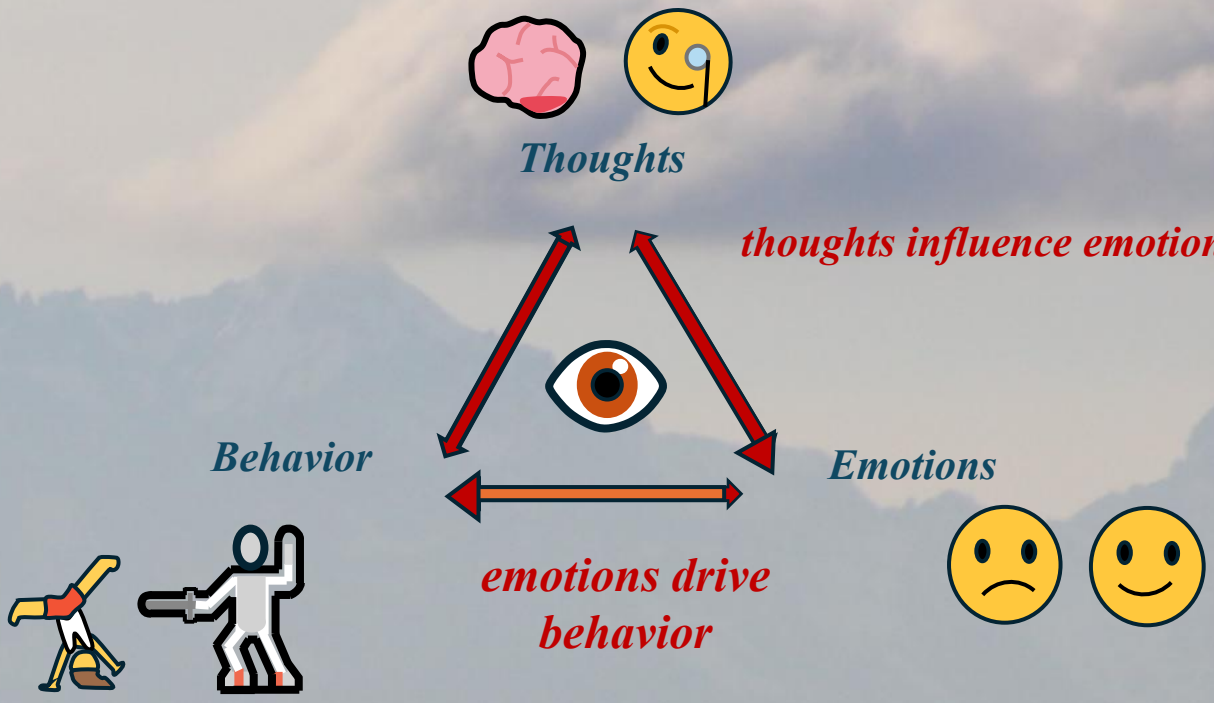


Perceived as bad-feeling emotions, moods, attitudes, and feelings



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

Today's sports 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.

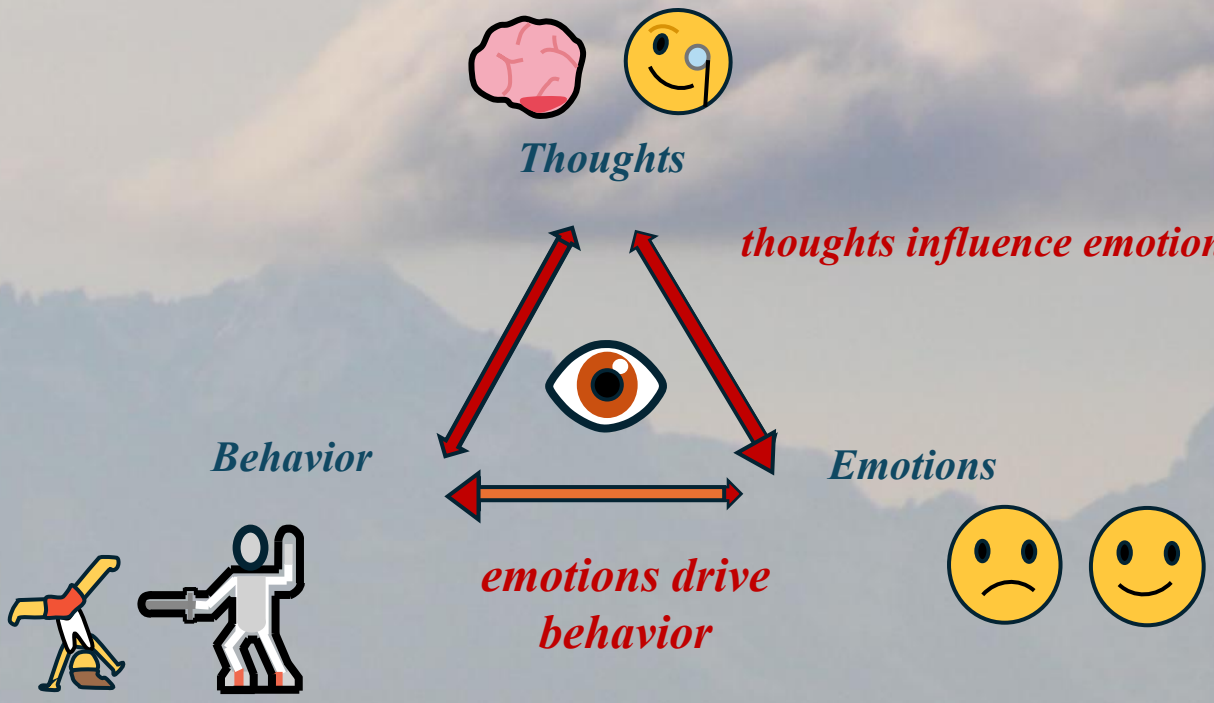


"Goddess, sing me the anger of Achilles, Peleus' son, that fatal anger that brought countless sorrows on the Greeks and sent many valiant souls of warriors down to Hades, leaving their bodies as spoil for dogs and carrion birds: for thus was the will of Zeus brought to fulfilment" (Homer, 800-700/2009).

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 mental toughness for emotional regulation, management, and control (even with the use of pharmaceuticals) because dangerous emotions can drive destructive behavior.

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.



Because "emotions drive behavior", and thoughts can influence emotions, the superior, masculine cogntive mind is used to control the inferior and dangerous feminine emotional body that drives 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 physiology of the brain and body actually animate and drive the body and its behavior.

REVIEW

Cognitive-Emotional 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. And it is these changes and states of physiology that animate and drive the body and its behavior.

Cognition/Mental Activities

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

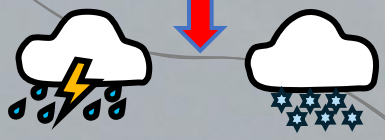


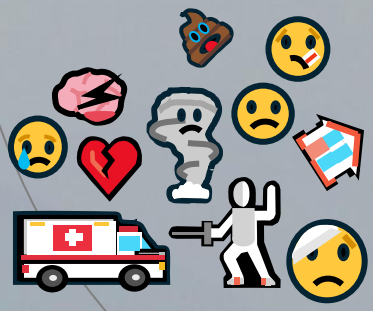
Focused on not-wanted, desired, intended

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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

"Modern" sports psychology is based on a flawed, 3000-year-old language and literary linguistics of the supremacy of the masculine mind controlling "dysfunctional" feminine 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?

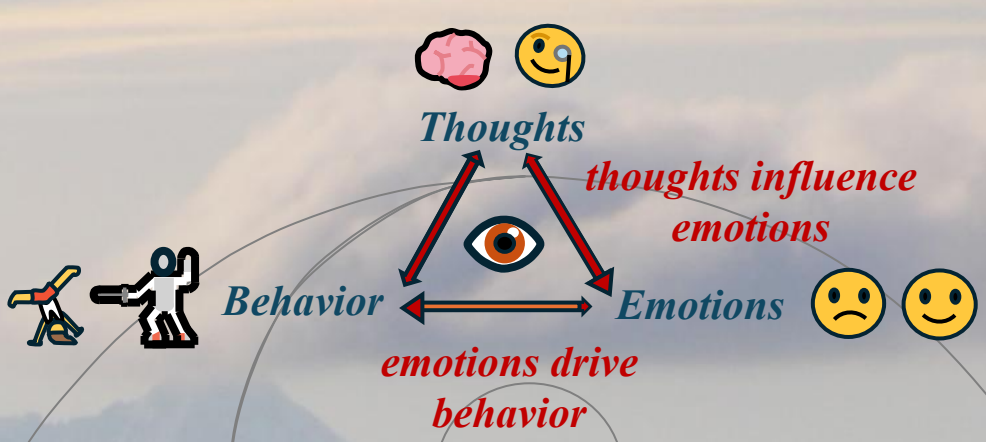
3) How about mindfulness training and meditation? According to the American Psychological Association, mindfulness is to be aware of one's emotions without judging or reacting to them. Is that so? Are you not judging, not reacting to your emotional awareness? What about emotional evolution? We absolutely 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.



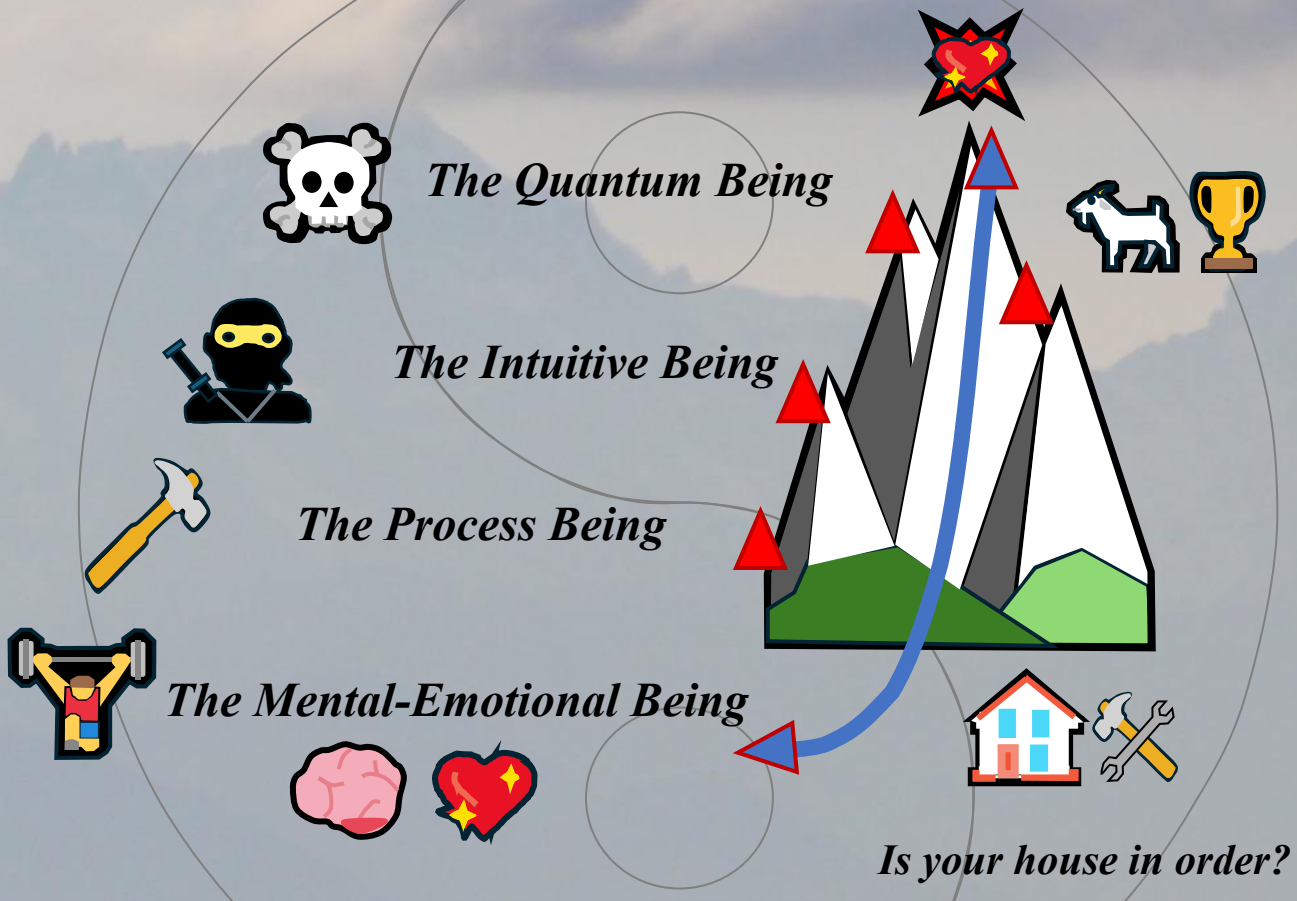
Today's academic sports psychology of mental toughness, mindfulness meditation, and emotional control is sabotaging the evolutionary power of emotional awareness.

Are you teaching and training emotional ignorance?

1) ***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***

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

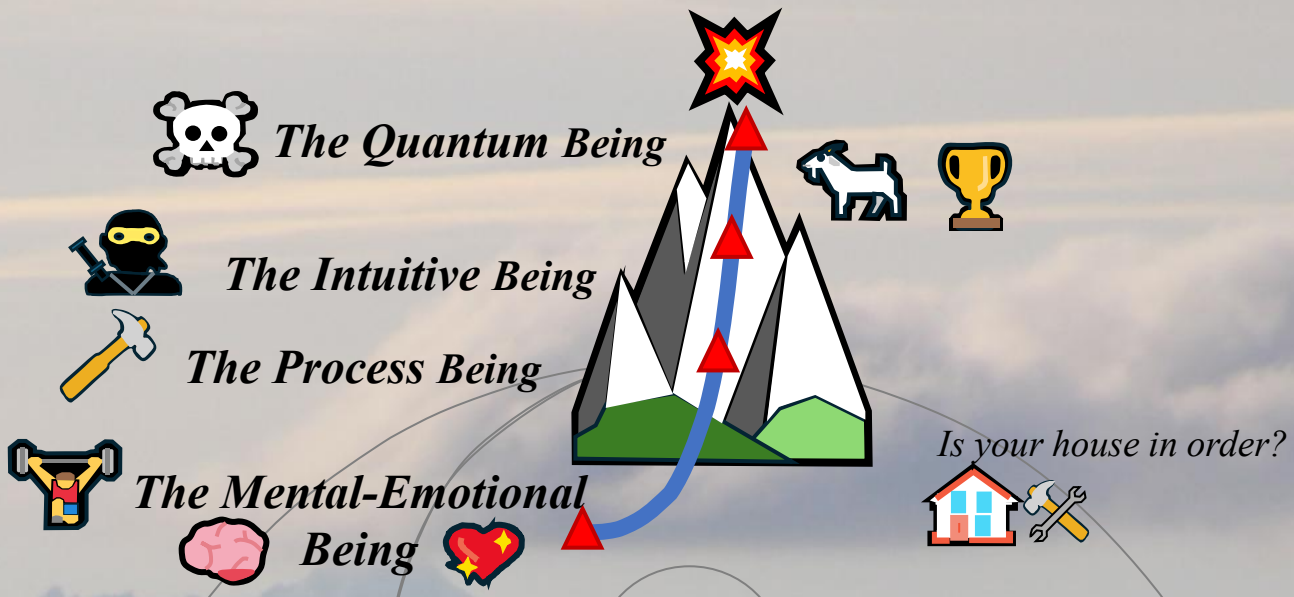
Climbing the Mt. Everest of the Tao



Climbing Mt. Chomolungma

"Thuji chey, Chomolungma" is a Tibetan phrase meaning

"I am grateful, Goddess mother of the World," famously spoken by Tenzing Norgay when he reached the summit of Mount Everest with Sir Edmund Hillary



The Quantum Being

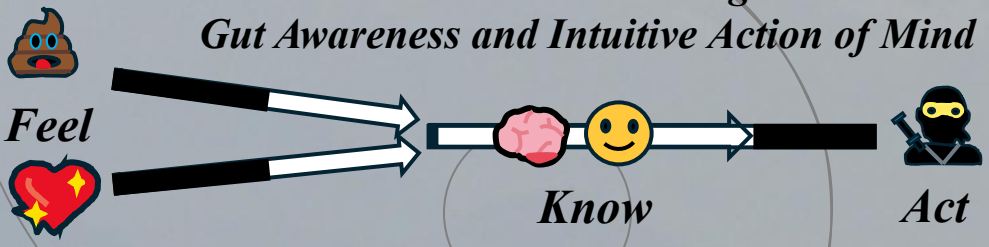


Mindless Heightened and Expanded Awareness

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*

Mental-Emotional Being: Strength & Conditioning



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

Discipline & Work

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



Climbing the Mt. Everest of the Tao



The Mental-Emotional Being: Strength & Conditioning



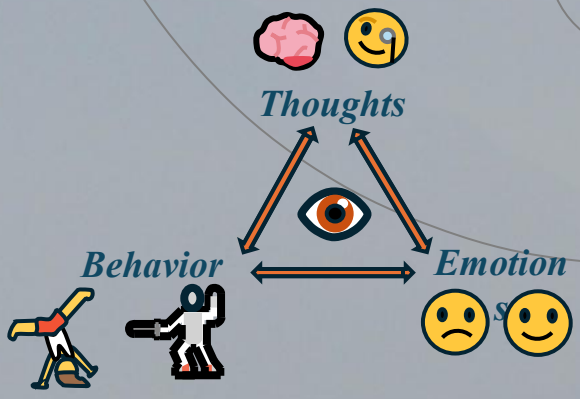
vortex of disempowering, unhealthy, and bad-feeling mental activities

Discipline & Work
"BAGUBA"

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.

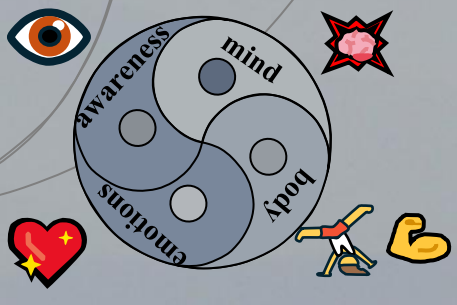
"Modern" Psychology of Conflict, Control, and Servitude



Mental Toughness Controlling Emotional Awareness

VS.

Symbiotic Psychology of Empowerment, Cooperation, and Freedom



Mental Discipline to Work With Evolutionary Emotional Awareness



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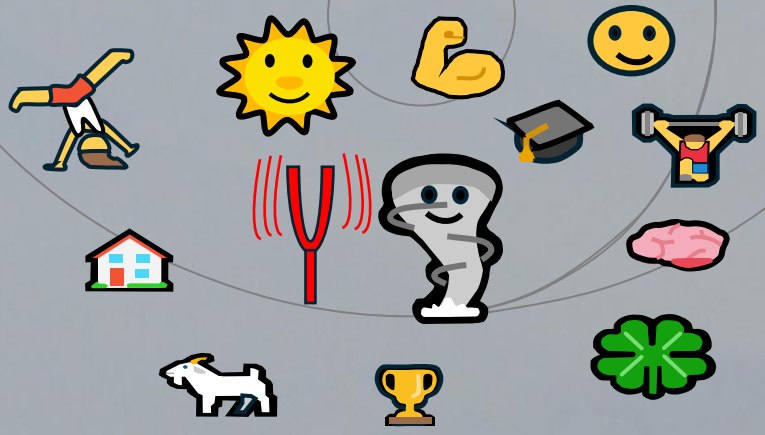
The Process Being: The Actuation Process of Success



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.

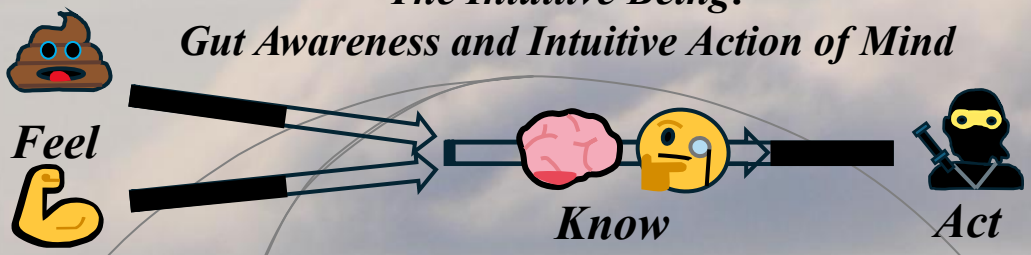
Don't "Do It"…. "Allow It"… and "It Happens"

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.

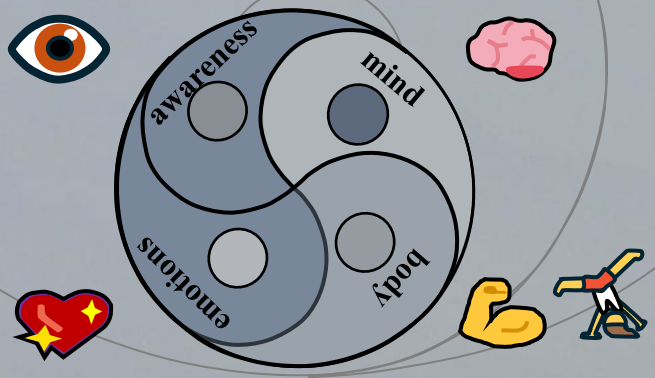


If you don't feel It, you don't know how your body will physiologically respond to your intent… leading to an interception, air-ball, turn-over, sky-ball, bogey…etc.

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 physiological 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.

Mental-Emotional Being: Strength & Conditioning



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

Discipline & Work

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

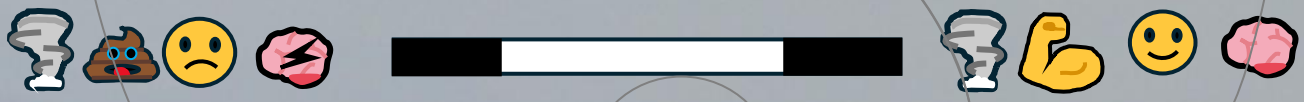
Emotional Wisdom: Where do you start?
(Creating Your Own Toolbox)

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*

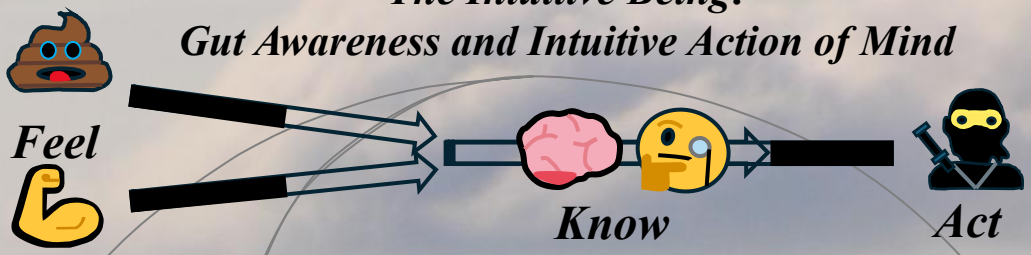
2. ***Before you start a project, workout, practice, or start any chore or activity, take a moment of mental silence to*** *get into a good-feeling place of power.*

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…*

The Intuitive Being: Gut Awareness and Intuitive Action of Mind



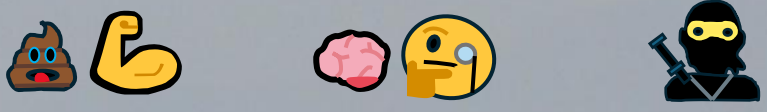
- ***Acting on a good (or bad) "feeling"***

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 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

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.



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 on the mat, who has the stronger and 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?



Mental-Emotional Being: Strength & Conditioning



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

Discipline & Work (“BAGUBA”)

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 Being: Strength & Conditioning



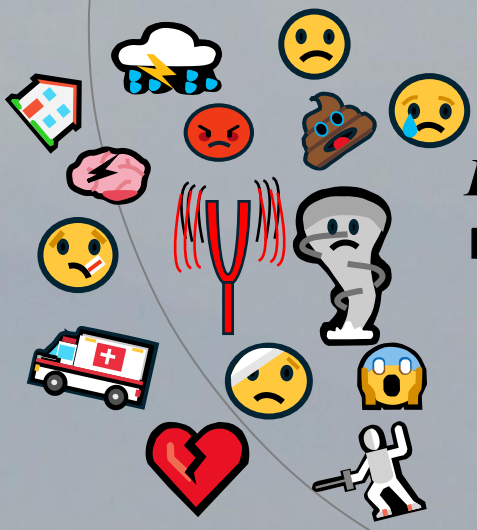
vortex of disempowering, unhealthy, and bad-feeling mental activities

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("BAGUBA")

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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

Mental-Emotional Being: Strength & Conditioning



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Discipline & Work

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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.

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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)***

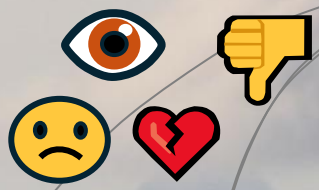


Climbing the Mt. Everest of the Tao

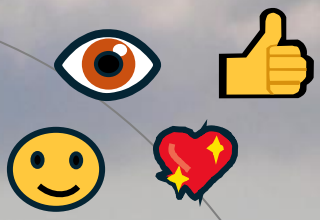


Emotional Wisdom

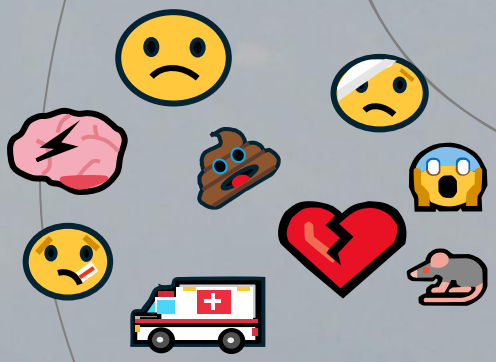


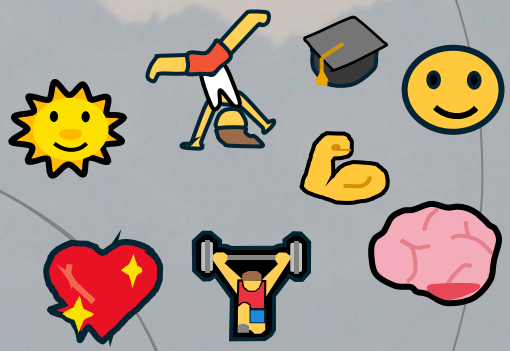


Feeling-bad is bad… biologically speaking.



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.

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!

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.

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…again.

"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."

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

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