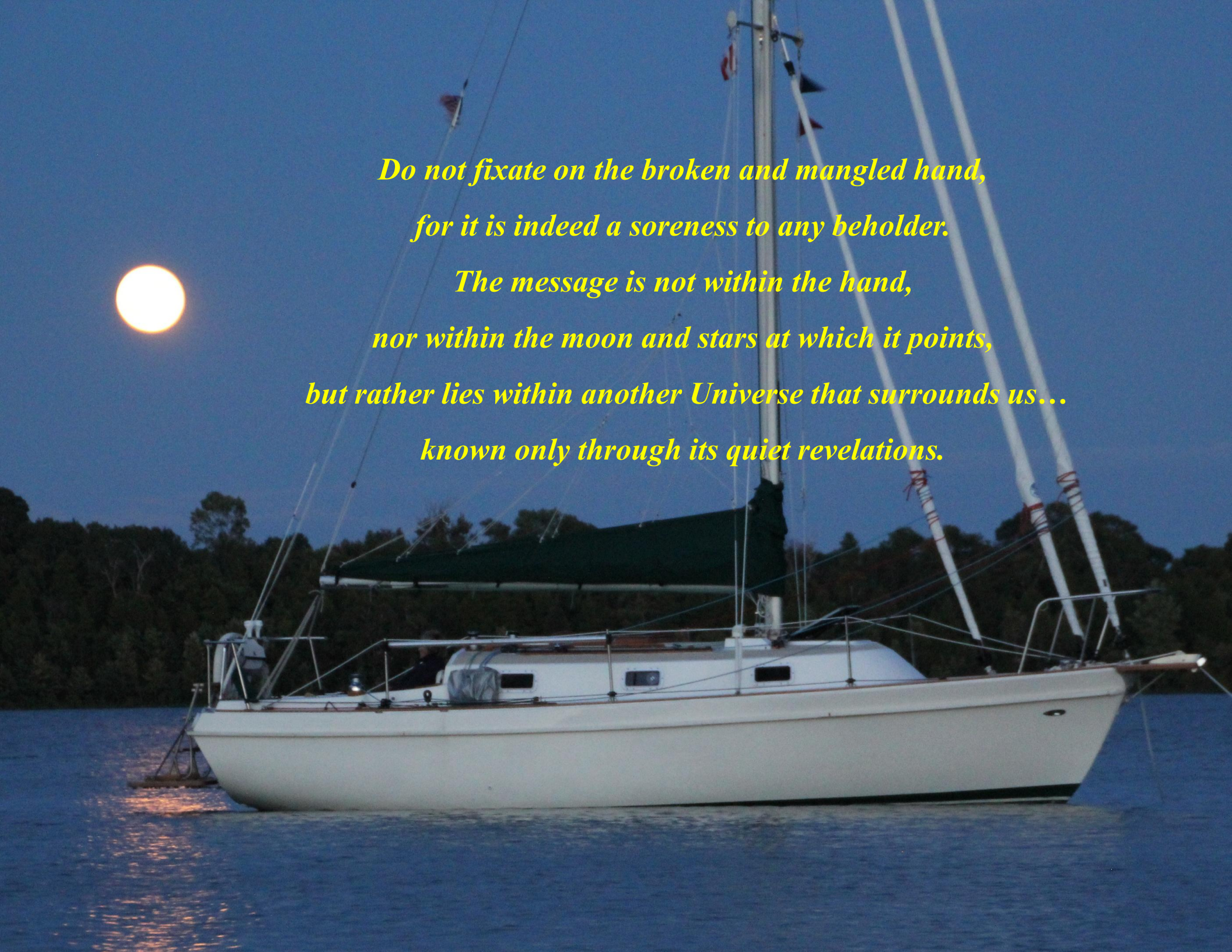
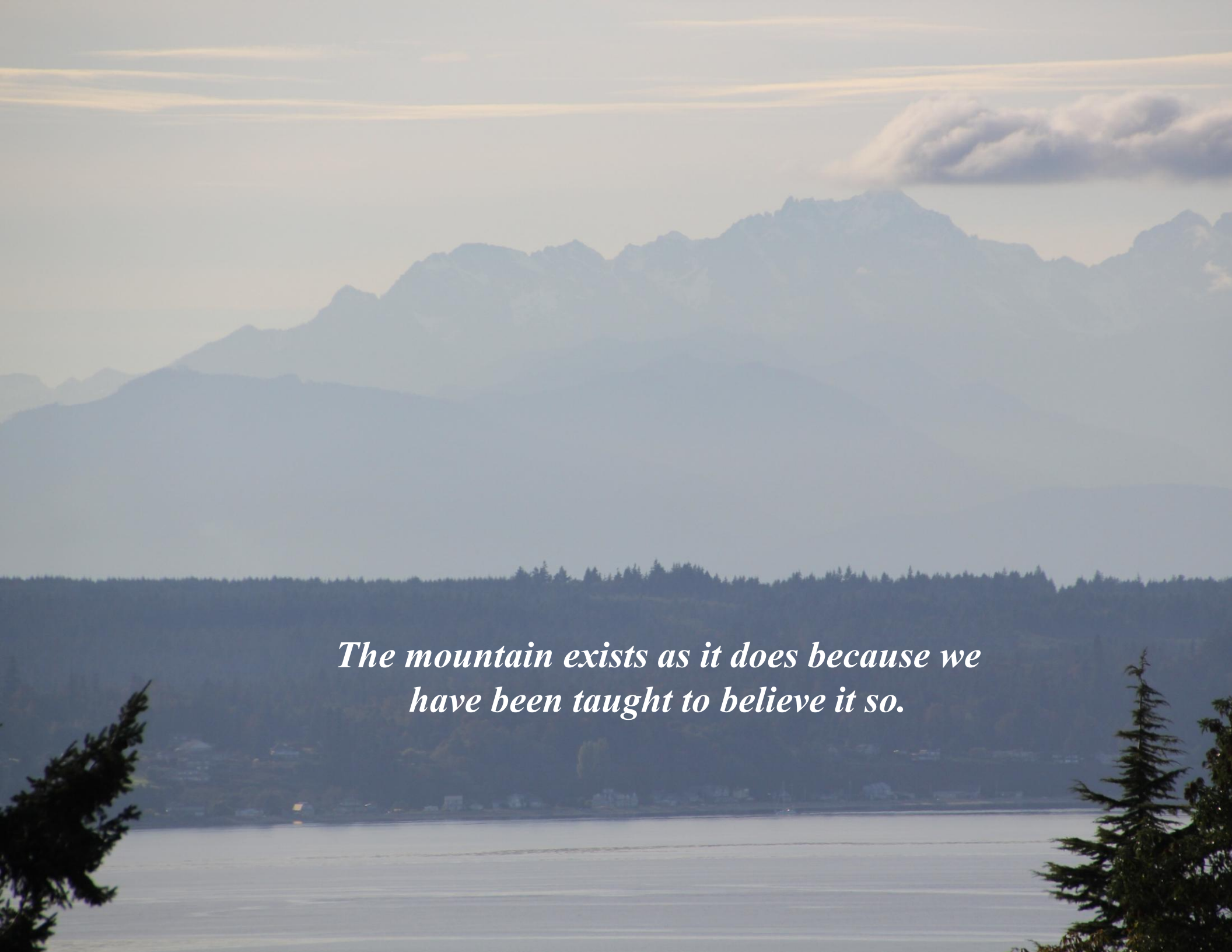

Do not fixate on the broken and mangled hand,
for it is indeed a soreness to any beholder.
The message is not within the hand,
nor within the moon and stars at which it points,
but rather lies within another Universe that surrounds us…
known only through its quiet revelations.

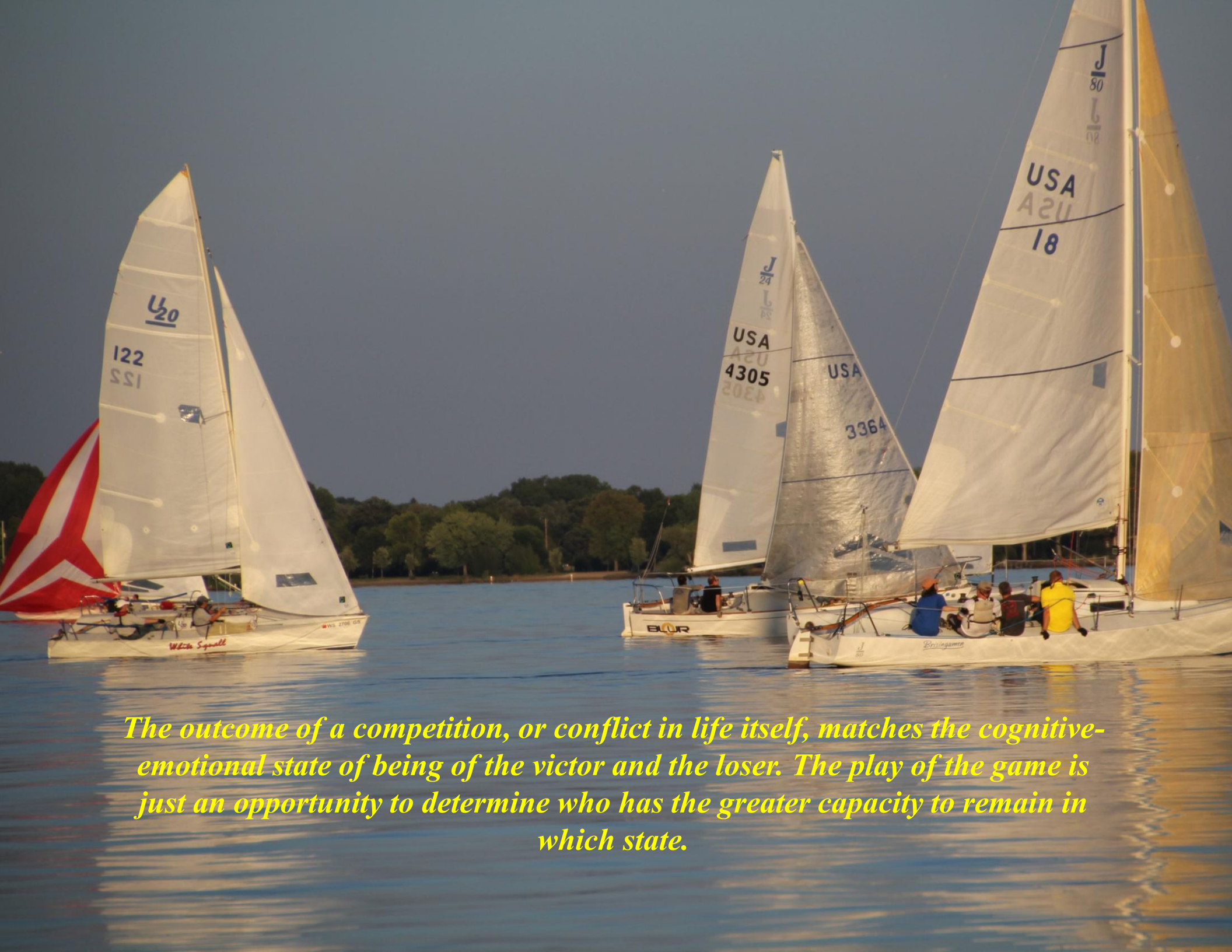

The mountain exists as it does because we have been taught to believe it so.



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



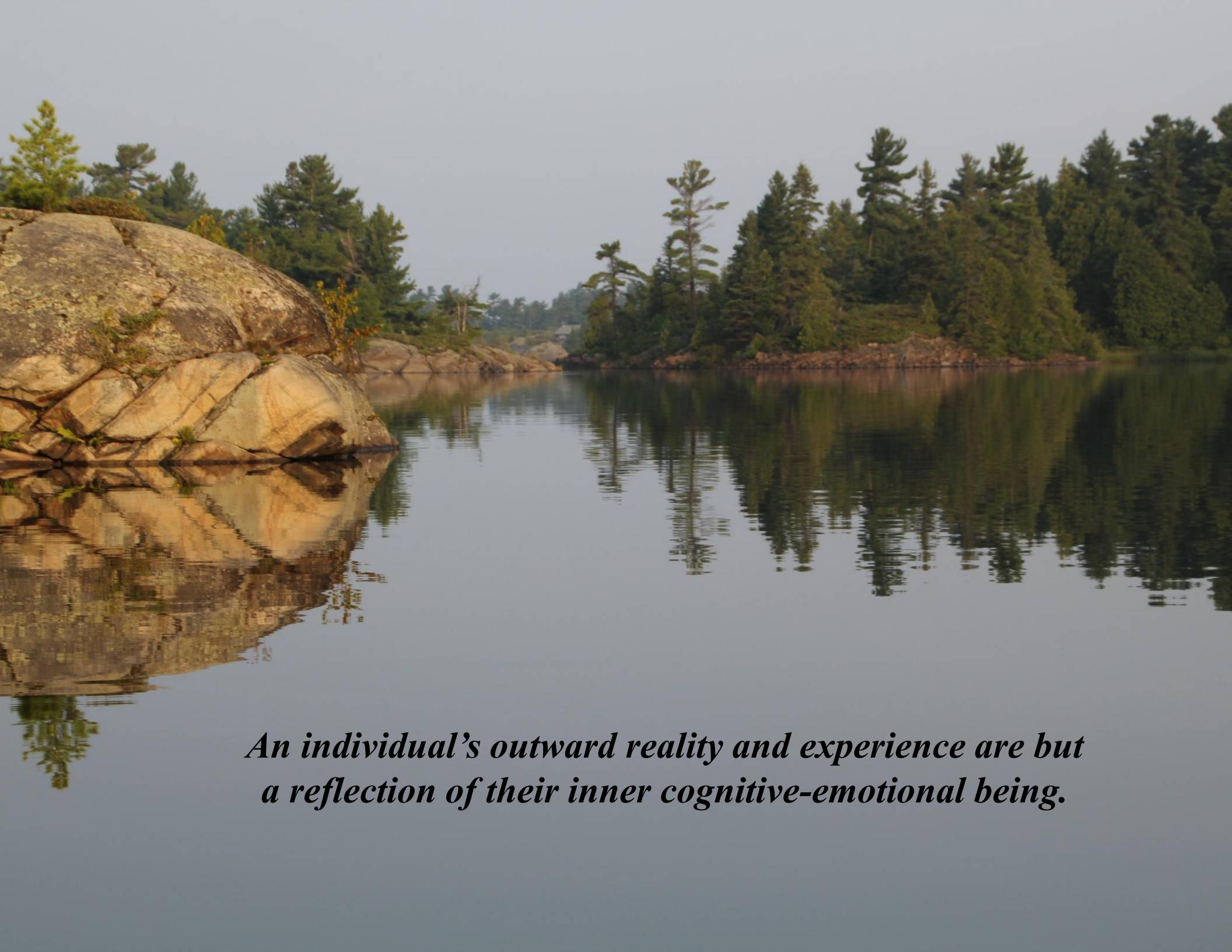
Champions, in sport or in life, prevail because their cognitive-emotional projection of reality becomes dominant and prohibits the competition from seeing the reality of their own success.



The outcome of a competition, or conflict in life itself, matches the cognitive-emotional state of being of the victor and the loser. The play of the game is just an opportunity to determine who has the greater capacity to remain in which state.



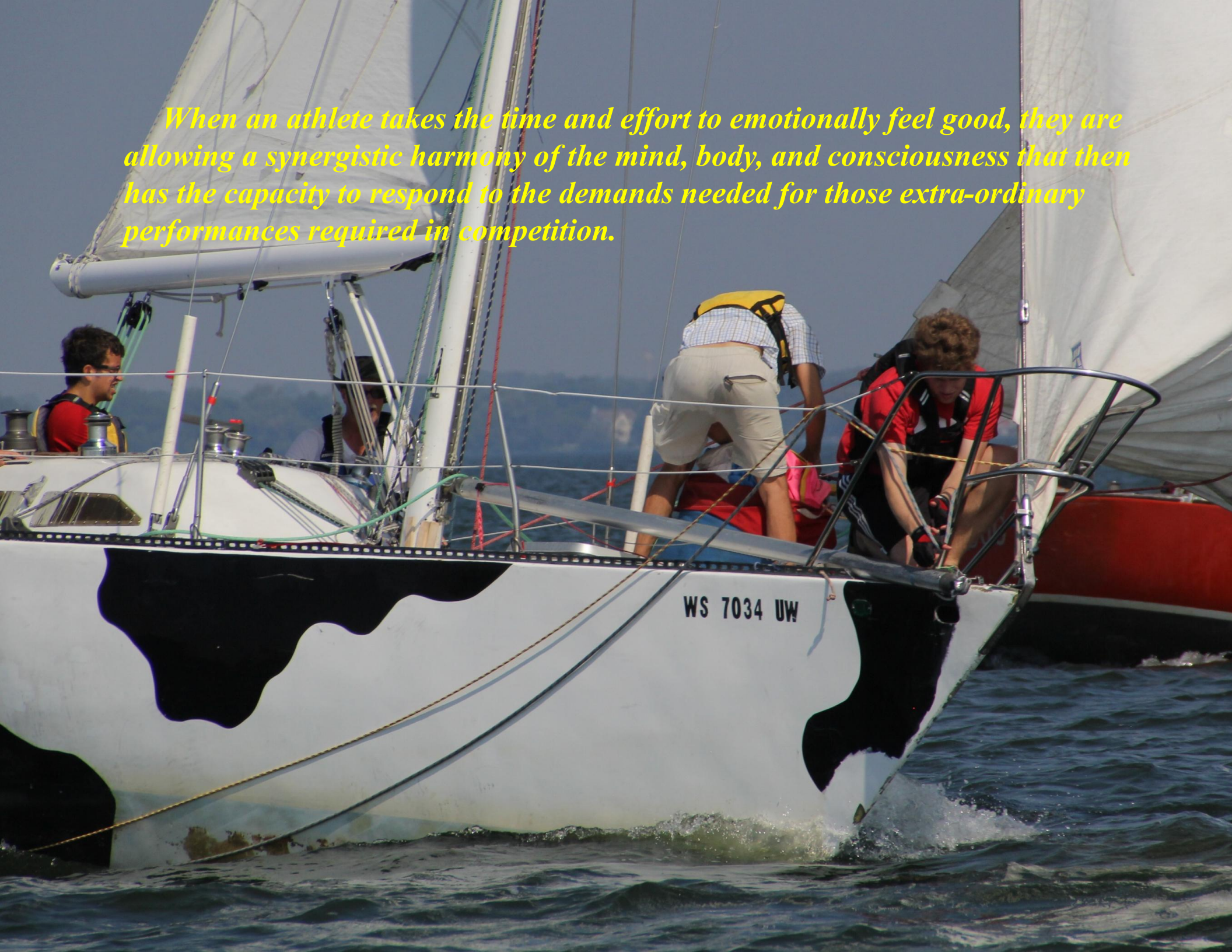
All things being equal, the team who builds and maintains their own cognitive-emotional knowing and good feeling of well-being and success will win because they are allowing the events, conditions, and circumstances of their intent.



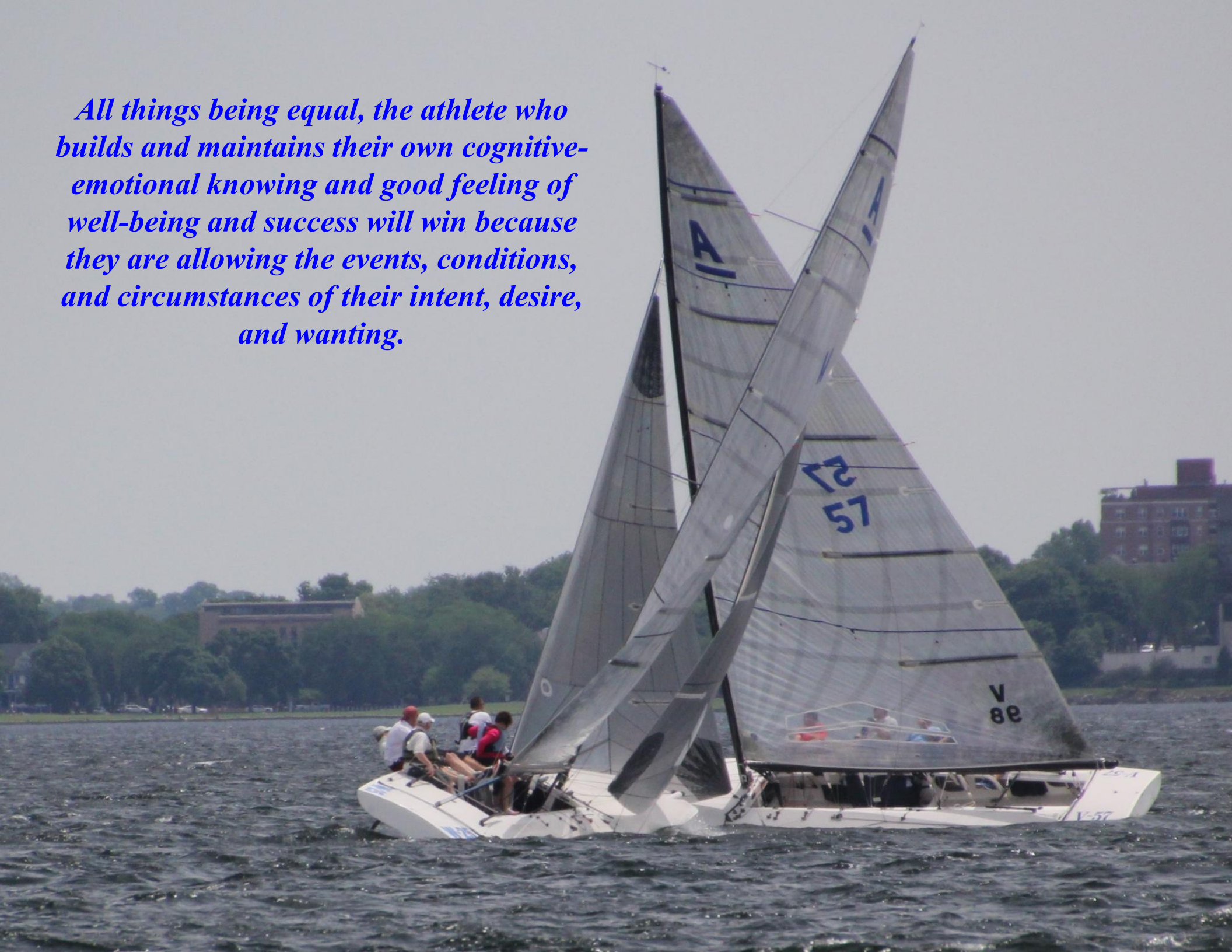
An individual's outward reality and experience are but a reflection of their inner cognitive-emotional being.



To re-create the cognitive-emotional state of being of one's past, best performance is one step closer to creating now, a new best performance.



When an athlete takes the time and effort to emotionally feel good, they are allowing a synergistic harmony of the mind, body, and consciousness that then has the capacity to respond to the demands needed for those extra-ordinary performances required in competition.



All things being equal, the athlete who builds and maintains their own cognitive-emotional knowing and good feeling of well-being and success will win because they are allowing the events, conditions, and circumstances of their intent, desire, and wanting.



The Mind shapes reality;
Emotions indicate the desirability of that shape.


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

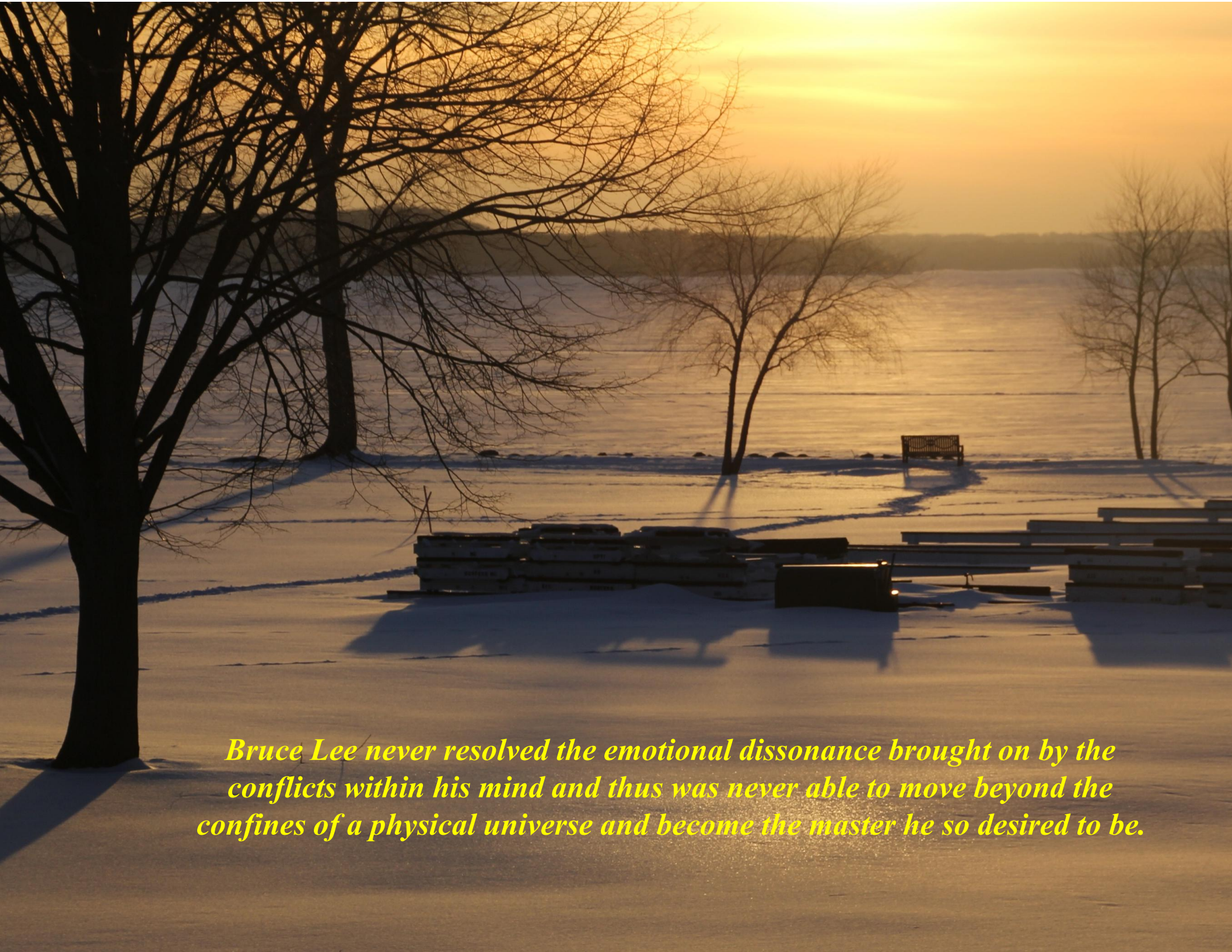


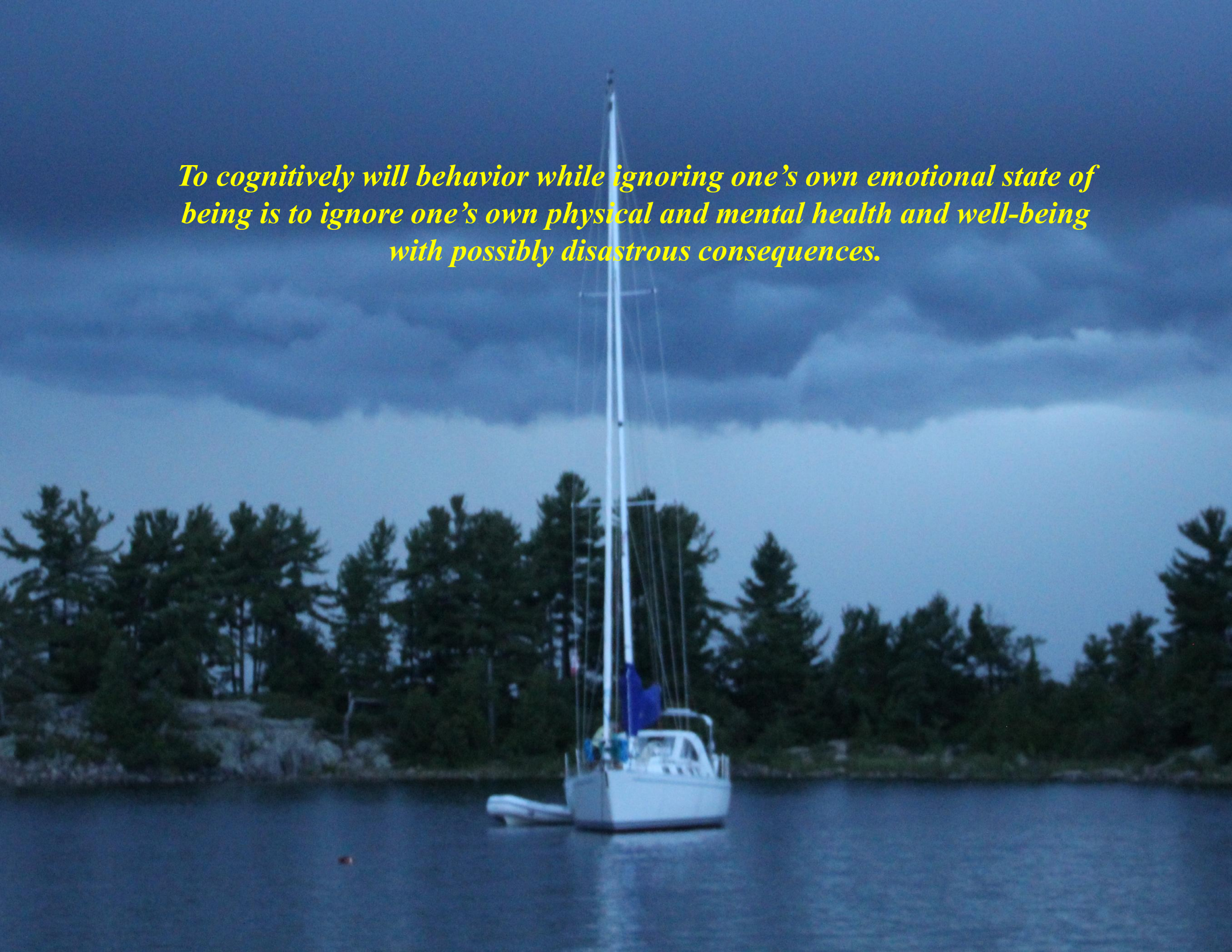
To have the physiological capacity for situational awareness, comprehension, and response, that is, to have the neurological and biochemical physiology demanded by a world-class performance, emotions, moods, attitudes, and feelings must be in a feeling good state of being.


Good and effective decisions and their actualization
cannot be made in a vortex of negative emotions.
URVA DOG
SOMA



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


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


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



Good feeling emotions, moods, attitudes, and feelings have an evolved positive correlation with health, well-being, and effective decision-making prowess (and their actualization).



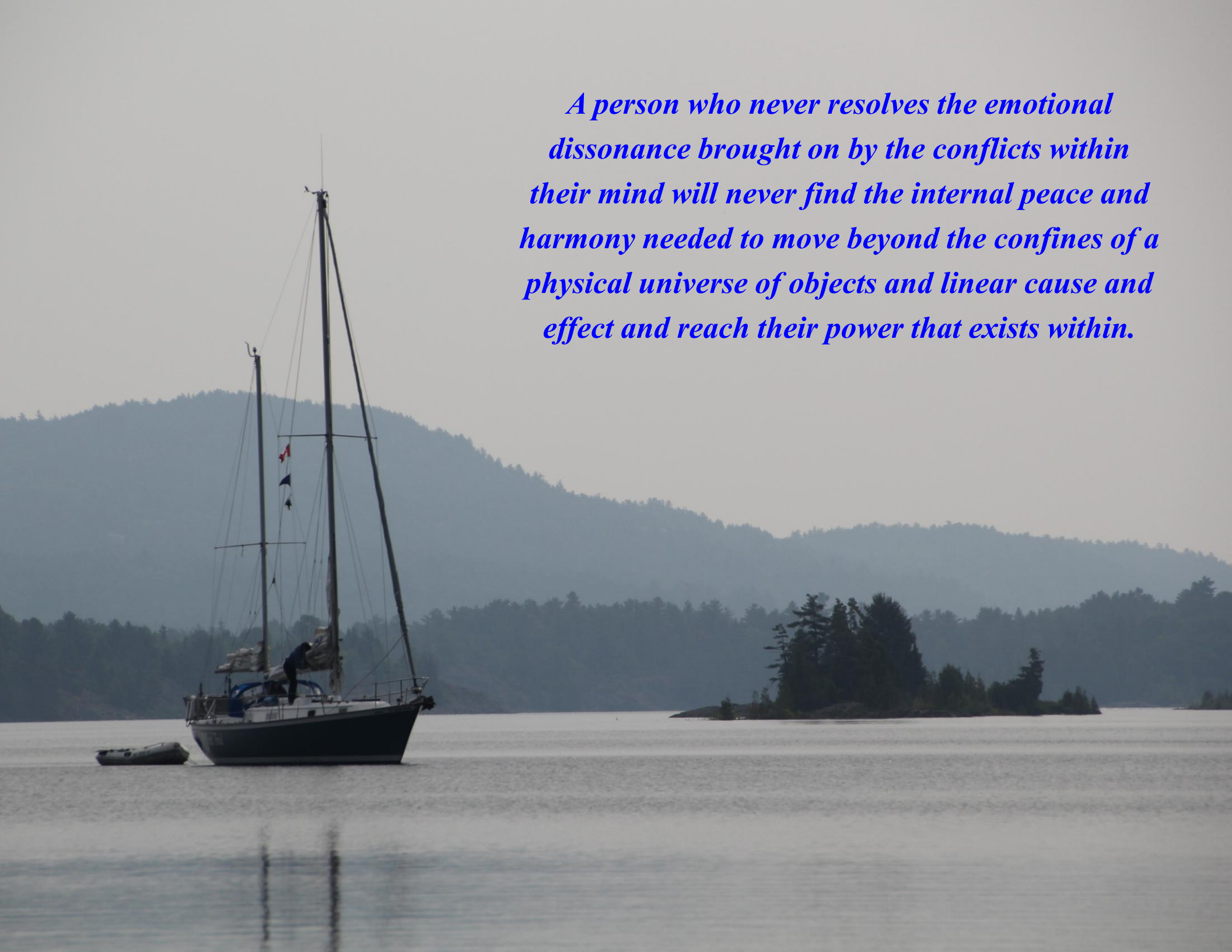
Negative, bad feeling emotions, moods, attitudes, and feelings have an evolved correlation with the lack of health, well-being and effective and successful decision-making prowess and their actualization.



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



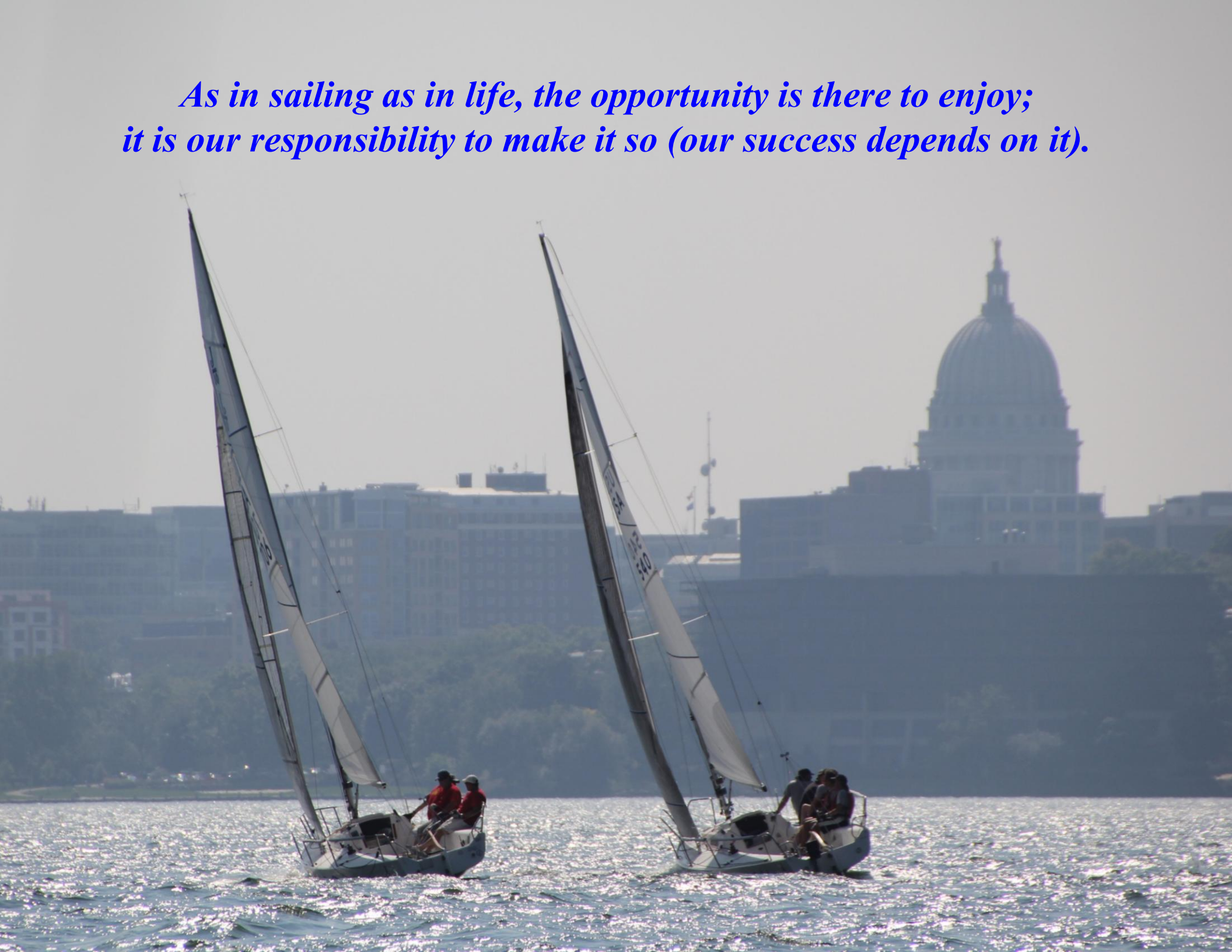
Enjoying life and competition is necessary for the actualization of that which is wanted, desired, and intended.



A person who never resolves the emotional dissonance brought on by the conflicts within their mind will never find the internal peace and harmony needed to move beyond the confines of a physical universe of objects and linear cause and effect and reach their power that exists within.


Intent, free from conflict, bias,
and discord allows a harmonious
rendezvous of people, places, and events.

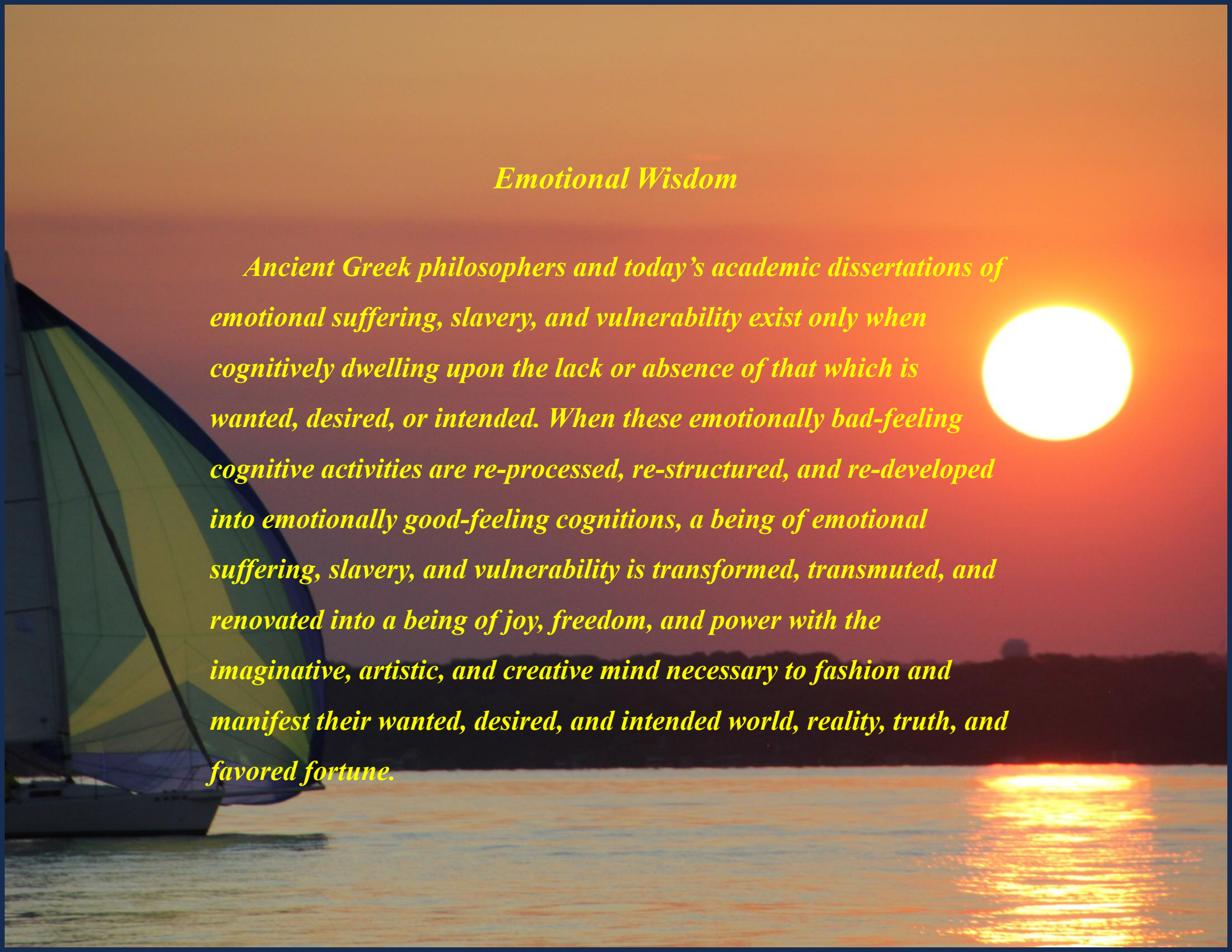
As in sailing as in life, the opportunity is there to enjoy;
it is our responsibility to make it so (our success depends on it).





We no longer live in a cognitive world or an emotional world, but a cognitive-emotional world of re-processing cognitive activities guided by emotional awareness.


Because joy has an evolved correlation with
health, well-being, and success we have
evolved to be joyous beings.



Emotional Wisdom

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