

# Season 18 - Improve Cognitive Functions Through Cognitive Transition

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Hey guys, C.S. Joseph from csjoseph.life here with another episode for Season 18 of our private email lecture series. One day, I'll release these to the public, but for now, stay subscribed to our email list for access to these lectures. Today, we're delving into cognitive transitions, exploring the mechanics behind them and how they impact cognitive functions.

We've discussed input-process-output feedback loops based on cognitive functions. Now, let's dive deeper into the "why" behind cognitive transitions, understanding the neural pathways that facilitate cognitive functions within the brain. By developing responsible neural pathways through the hero, inferior, nemesis, and demon attitudes, we can access different facets of our minds, leading to personal growth and integration.

As we progress through cognitive transitions, our cognitive attitudes evolve, refining our personalities and moving us closer to order and away from chaos. We'll explore hard and soft transitions, likening the brain to a complex inner universe with unlimited potential. This journey towards integration mirrors the process of maturity, culminating in a meaningful death where one has experienced the full quality of life within themselves.

While some seek immortality through technology, our focus is on preparing for a meaningful death by navigating life's crises—quarter-life, midlife, three-quarter life, and final life crises. These stages push us towards responsibility, aspiration, wisdom, and self-mastery, ultimately leading to a fulfilling death.

In a world divided between affiliative and pragmatic thinkers, quality of life becomes pivotal in overcoming the fear of death. Cognitive integration, as discussed in Season 19, plays a crucial role in enhancing quality of life and reducing fear of death. As global tensions rise, emphasizing the importance of being prepared for potential conflicts, we must prioritize personal growth and cognitive integration to navigate these uncertain times.

Quality of life is the antidote to the fear of death, and cognitive integration is the key to achieving it. By harmonizing the four sides of the mind and embarking on a path towards enlightenment, we can transcend our fears and embrace a life of fulfillment.

Cognitive focus involves various mechanics like cognitive axes, which we'll delve into more in upcoming episodes. As our brains adapt to these changes, new neural pathways develop, enhancing our strengths and balancing our functions for a more holistic self, akin to the concept of holiness. To achieve completeness and face life without fear of death, one must embrace suffering to gain wisdom and strength. Avoiding suffering leads to a shallow existence.

Cognitive transitions serve as a tool to strengthen neural pathways, granting access to different aspects of the mind. Hard transitions involve prolonged focus on a specific mental aspect, while soft transitions allow for quick shifts between different parts of the mind. These transitions are crucial for developing efficient neural pathways, essential for managing emotions like fear and worry.

Fear and stress may stem from inadequate neural pathways, hindering access to parts of the mind that could address these emotions effectively. By engaging in orderly cognitive transitions, one can build robust bridges between different mental aspects. Chaotic transitions, on the other hand, can compromise the quality of these neural connections.

You have, and it gets even worse when combined with psychotropic drugs like ADHD drugs (e.g., Adderall), lithium, stimulants, depressants, caffeine, alcohol, and ayahuasca retreats. These are popular among SPs, especially extraverted sensing types, as the drugs help them transition chaotically to extroverted intuition. However, this can build negative pathways instead of positive ones, making it easier for them to stray from the straight and narrow path. To counter this, one needs to develop proper pathways by transitioning orderly.

Transitioning orderly helps individuals move from chaos to order, affecting the cognitive functions. For instance, starting with the hero function, which embodies personal irresponsibility, transitioning orderly can transform the hero into a warrior, who takes on responsibilities beyond their own. The parent function represents a mature version, while the child function can be either a precocious child or a divine child, symbolizing tyranny versus divinity. The inferior function, known as the infant, embodies a person's fears.

Through orderly transitions, cognitive attitudes evolve from hero to warrior, teenager to parent, precocious child to divine child, and infant to king. The shadow side involves the villain and the ally, challenging the hero with uncertainty and aiding the warrior with certainty, fostering responsibility. To progress, one must embrace certainty over fear, exhibiting courage to transition into their subconscious and access their king archetype.

For the critic function, representing wisdom, one must move from ignorance as a senile elder to wisdom as a grandparent, utilizing life experiences for the benefit of future generations. This transition signifies the shift from being stuck in ignorance to embracing wisdom and sharing knowledge with others.

In Season 23, primary parenting versus secondary parenting is discussed. CS Joseph.Life4 members receive a gold membership for insights on how each of the 16 types can be mirrored. The current lectures in Season 23 are highly recommended for understanding how individuals transition into different cognitive attitudes.

When individuals engage their scenic or critic functions, they embody a grandparent role, passing down wisdom to their descendants. This transmission of wisdom signifies maturity and responsibility, contrasting with senility, which denotes yielding to ignorance.

Self-mastery is attained through the trickster function, representing an unconscious aspect that, when acknowledged, leads to profound understanding and personal growth. By mastering one's trickster function, such as achieving moral mastery, individuals can embody virtues like absolute goodness.

Orderly transitions between cognitive attitudes bring individuals closer to fulfilling various roles, such as the trickster evolving towards self-mastery. For instance, an Si trickster can gain mastery over memories and personal experiences, transitioning from unawareness to expertise in these areas.

The journey from immature behavior, symbolized by the demon, towards enlightenment involves overcoming hatred and embracing forgiveness and love. By forgiving oneself and others, individuals can transcend past grievances and foster a compassionate outlook, essential for societal harmony.

True love, encompassing unconditional, brotherly, and intimate forms, emerges as individuals mature and integrate their cognitive attitudes. This path to love and enlightenment necessitates embracing suffering, skepticism, courage, wisdom, and self-mastery.

By undergoing cognitive transitions and cultivating orderly neural pathways, individuals can evolve from immaturity to maturity, ultimately embodying the best versions of themselves. This journey towards completeness and enlightenment not only benefits individuals but also contributes to a harmonious society free from fear and division.

The lecture emphasizes the importance of cognitive transitions in building healthy neural pathways to achieve personal fulfillment and serve as positive examples for others. By evolving into kings, warriors, magicians, lovers, or other archetypes, individuals can inspire and uplift those around them, fostering a more enlightened and compassionate world.

The upcoming lectures will delve deeper into cognitive axes, offering further insights into personal growth and development. Your continued support and engagement are appreciated, and stay tuned for more enriching content.