# SENTIENT PROCESS NETWORK THEORY V2.2

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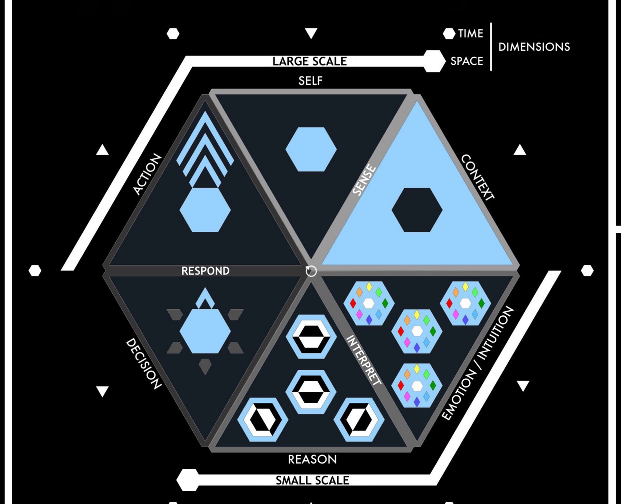
# SENTIENT

## SENTIENT WORLDVIEW




## INTENTIONAL LIVING FRAMEWORK

THE "SENTIENT WORLDVIEW" AT THE THEORY'S CORE OFFERS AN ACTIONABLE METHOD OF LIVING PER WHAT WE EACH VALUE. IT CODIFIES EMPATHY, A LONG-TERM OPTIMAL BEHAVIOUR, IS CUSTOMIZABLE TO YOUR VALUES, AND IS DESIGNED TO BE AUGMENTED BY TECHNOLOGY SO THAT YOU CAN IMPROVE YOUR LIFE AT AN EXPONENTIAL RATE.

## SKILLS / DIMENSIONS

| | SENSE | | INTERPRET | | RESPOND | | DIMENSIONS | |
|---|---|---|---|---|---|---|---|---|
| SKILLS / DIMENSIONS | SELF | CONTEXT | EMOTION | REASON | DECISION | ACTION | TIME | SPACE |

INFLUENCE ↔ INFLUENCE (between SELF and CONTEXT)

### SUB-SKILLS/ DIMENSIONS

**SELF:** BODY, MIND, SOUL

**CONTEXT:** SOCIAL NETWORK, RESOURCE NETWORK, LOCATION BIAS, CULTURAL BIAS

**EMOTION:** (Plutchik's wheel of emotion with PRIMARY DYADS, SECONDARY DYADS, TERTIARY DYADS)

**REASON:** LOGIC, CREATIVITY, ANALYSIS, MORALITY, PROBABILITY, APPROXIMATION, DIAGRAMS, SIGNALS, VISUAL, VERBAL

**DECISION:**
- DECISION METHODS: AVOIDANCE, DELEGATE, DIRECT, CONSULT, VOTE, CONSENSUS
- DECISION CONSIDERATIONS: SELF, CONTEXT, RISK, UNCERTAINTY

**ACTION:** SENSE, INTERPRET, SPEAK, MOVE

**TIME:** ABSOLUTE, RELATIVE, TARGET, SCALE

**SPACE:** ABSOLUTE, RELATIVE, TARGET, SCALE

**SELF:** THREE CATEGORIES OF SELF WERE CHOSEN DUE TO THEIR FAMILIARITY, BUT WITH SPECIFIC DEFINITIONS. THIS WORK DOES NOT IMPLY ANYTHING SUPERNATURAL, BUT RATHER IS DESIGNED TO EVOLVE WITH EMERGING SCIENTIFIC EVIDENCE.

SPECIFICALLY, THE "SOUL" HERE IS DEFINED AS THE SOCIAL NETWORK ONE HAS WITH THEIR PAST, PRESENT, AND FUTURE SELVES. THIS DEFINITION'S BEAUTY IS IN ITS APPLICATION:
- "WOULD YOUR PAST SELVES FEEL DISAPPOINTMENT?"
- "WOULD YOUR FUTURE SELVES FEEL REMORSE (REGRET)?"

**CONTEXT:** FOUR CATEGORIES OF CONTEXT WERE CHOSEN TO CAPTURE THE NETWORKS (SOCIAL & RESOURCE) AND BIASES (LOCATION & CULTURE) WITH WHICH WE HAVE MUTUAL INFLUENCE.

**EMOTION:** SOURCE: ROBERT PLUTCHIK'S PSYCHOEVOLUTIONARY THEORY OF EMOTION. ANY MODEL WORKS HERE TO KNOW YOURSELF, DEVELOP YOUR EMOTIONAL QUOTIENT (EQ), AND EMPATHIZE WITH OTHERS. THIS ONE IS SHOWCASED DUE TO ITS BASIC EMOTIONS' HIGH RELEVANCE TO OUR SURVIVAL.

**REASON:** THERE ARE LOTS OF RATIONAL THINKING METHODS AND MOST ARE SELF-EXPLANATORY AFTER SOME RESEARCH. THESE 10 REPRESENT A SEMI-EXHAUSTIVE LIST OF CATEGORIES INTO WHICH RATIONAL THINKING METHODS TYPICALLY FALL.

**DECISION:** HOW WE MAKE DECISIONS CAN BE AS IMPORTANT AS WHAT WE CHOOSE. WHEN EVALUATING A DECISION, FIRST CHOOSE THE METHOD WITH WHICH YOU'LL MAKE IT. THEN, IDENTIFY ONLY THE INFORMATION THAT IS RELEVANT. FINALLY, IDENTIFY HOW MUCH RISK AND UNCERTAINTY IS INVOLVED AND HOW MUCH YOU CAN ACCEPT.

**ACTION:** SPEAKING AND MOVING ARE OBVIOUS CATEGORIES FOR ACTION. HOWEVER, WE CAN ALSO DECIDE TO SENSE OR INTERPRET NEW INFORMATION. THE PROCESS OF USING THE SENTIENT WORLDVIEW FRAMEWORK CAN CALL ITSELF RECURSIVELY UNTIL WE GATHER ENOUGH INFORMATION TO DECIDE TO INTERACT WITH OUR PHYSICAL CONTEXT.

**TIME:** TIME IS OUR UNIVERSAL CURRENCY, HENCE THE "ATTENTION ECONOMY" THREAT (SEE "PURPOSE OF THIS WORK"). WE REFER TO THE DIMENSION OF TIME IN TERMS OF ABSOLUTES (COORDINATES) FOR CLARITY, RELATIVITY TO OTHER POINTS IN TIME FOR COLLABORATION, TARGETS FOR GOAL SETTING, AND SCALE FOR CONTEXT. LIVING INTENTIONALLY MEANS SPENDING YOUR TIME ON WHAT YOU VALUE. FOR SOME, THAT MEANS SCHEDULING AND AUDITING THEIR TIME, AND FOR OTHERS IT'S BASED ON GUIDING PRINCIPLES. EITHER WAY, MASTERING THESE FOUR PERSPECTIVES HELPS YOU MANAGE TIME BETTER SO YOU CAN SPEND IT ON WHAT YOU FIND FULFILLING AND ELIMINATE REGRET.

**SPACE:** SPACE (I.E. OUR PHYSICAL DIMENSION) IS THE MARKET IN WHICH WE BUY, SELL, AND CREATE THE VALUE TIME BUYS:
- CURRENCY (MONEY, PRECIOUS METALS, CRYPTO);
- GOODS (FOOD, SHELTER, CLOTHING, TECHNOLOGY);
- SERVICES (ENTERTAINMENT, EDUCATION, TRAVEL);
- RELATIONSHIPS (FAMILY, FRIENDS, PARTNERS, OUR SELVES);
- HEALTH (PHYSICAL, MENTAL, SPIRITUAL, COLLECTIVE);
- FREEDOM (VOCATION, PASSION, HOBBY, VOLUNTEERING).

*NOTE WHAT TIME CAN BUY THAT OTHER CURRENCY CAN'T! MASTERING THE FOUR PERSPECTIVES OF SPACE PROVIDES ACCESS TO THE CATEGORIES OF WHAT WE AS SENTIENTS SUBJECTIVELY VALUE: LOVE (JOY/TRUST), PEACE, AND BEAUTY.

INTUITION / FLOW → INTUITION / FLOW

# PROCESS

## NON–SENTIENT PROCESS

## SENTIENT PROCESS

## PROCESS PARTS

BOUNDARY | INPUTS | INVENTORY | OUTPUTS | PURPOSE | OPERATION | BIAS | PERFORMANCE (USE OF ABILITIES TO ACHIEVE PURPOSE) | STATE

OPERATION — NOTE: OFTEN NESTED PROCESSES THEMSELVES

**STATE:**

| POSITION | MOMENTUM | | |
|---|---|---|---|
| POSITION | MASS | VELOCITY | |
| "POSITION" | "MASS" | "SPEED" | "DIRECTION" |

### SELF

| | BOUNDARY | INPUTS | INVENTORY | OUTPUTS | PURPOSE | OPERATION | BIAS | PERFORMANCE | STATE |
|---|---|---|---|---|---|---|---|---|---|
| BODY | TISSUE (NETWORK OF CELLS) | MATTER & ENERGY (TISSUE GROWTH & WORK INPUT: E.G. MUSCLE, WATER, FORCE, HEAT) | CELLS | MATTER & ENERGY (TISSUE EROSION & WORK OUTPUT: E.G. MUSCLE, WATER, FORCE, HEAT) | TIME TRAVEL (TO SURVIVE); SPACE TRAVEL (TO MOVE); INTERACTION (TO CHANGE); ACT | RENEW/CONNECT CELLS (HEAL/ADAPT) | MUSCLE MEMORY (WHAT YOUR BODY REPEATS) | INFLUENCE (USE OF STRENGTH, SPEED, AGILITY, FLEXIBILITY, ETC.) | POSITION; MASS; SPEED; DIRECTION |
| MIND | KNOWLEDGE (NETWORK OF MEMORIES: PAST, PRESENT, AND FUTURE-ORIENTED) | INFORMATION (KNOWLEDGE GROWTH & SIGNAL INPUT: E.G. SENSES, CREATIVITY) | MEMORIES | INFORMATION (KNOWLEDGE EROSION & SIGNAL OUTPUT: E.G. ALZHEIMER'S, SPEECH) | SELF-DISCIPLINE (TO TRUST YOUR SELVES); DECIDE | RENEW/CONNECT MEMORIES (LEARN/CREATE) | HABITS (WHAT YOUR MIND REPEATS) | BEHAVIOUR; SELF-CONTROL = SELF-TRUST (USE OF IQ, EQ, MEMORY, EMPATHY, WILLPOWER, ATTENTION SPAN, ETC.) | KNOWLEDGE; KNOWLEDGE APPLIED; BRAINWAVE FREQUENCY; FOCUS & ATTENTION |
| SOUL | SOCIAL INTRANETWORK (NETWORK WITH OUR SELVES IN THE PAST, PRESENT, AND FUTURE, ALL WITH TODAY'S INFORMATION) | SELF AWARENESS (INTRANETWORK GROWTH: E.G. REFLECTIONS, ASSESSMENTS, & PREDICTIONS) | SELF IMAGES ("SELVES") | SELF AWARENESS (INTRANETWORK EROSION: E.G. DEMENTIA) | SELF-ACTUALIZATION (TO ENJOY YOUR SELVES) | RENEW/CONNECT SELVES (REVISE SELF-AWARENESS) | VALUES (WHAT YOUR SOUL REPEATS/ WHAT YOUR SELVES VALUE) | INTENTIONS; FULFILMENT = SELF-ENJOYMENT (USE OF VALUES, IDENTITY, ASPIRATIONS, GOALS, JOURNEY PLANNING, ETC.) | # SELVES IN NETWORK; # SELVES APPLIED; INTENSITY; EMOTION |

PURPOSE (SELF): SELF-LOVE — PERFORMANCE (SELF): VIRTUE AMONG SELVES = SELF-LOVE

# NETWORK

## SENTIENT PROCESS NETWORK THEORY

EVERY "THING" IS ALSO A PROCESS, CONNECTED TO WHAT IT INTERACTS WITH. COMPLEX PROCESSES LIKE HUMANS AND SOME ANIMALS ARE ALSO SENTIENT AND PERCEIVE THEIR SELVES AND CONTEXTS SUBJECTIVELY, EACH VALUING AND SUFFERING DIFFERENT THINGS TO DIFFERENT DEGREES.

"SENTIENT PROCESS NETWORK THEORY" OFFERS A FUTURE-FORWARD PERSPECTIVE ON LIFE AND BUSINESS THAT IS EVIDENCE-BASED, MULTI-DISCIPLINARY, VALUES-NEUTRAL, VIRTUE-EMPOWERING, ACTIONABLE, AND SELF-FULFILLING.

### CONTEXT

| | BOUNDARY | INPUTS | INVENTORY | OUTPUTS | PURPOSE | OPERATION | BIAS | PERFORMANCE | STATE |
|---|---|---|---|---|---|---|---|---|---|
| SENTIENTS (OTHERS) | SOCIAL INTERNETWORK (NETWORK WITH OTHERS IN THE PAST, PRESENT, AND FUTURE, ALL WITH TODAY'S INFORMATION) | SOCIAL INTELLIGENCE (INTERNETWORK GROWTH: E.G. INTEGRATED STORIES, ENCOUNTERS, & PREDICTIONS) | CONTACTS ("OTHERS") | SOCIAL INTELLIGENCE (INTERNETWORK EROSION: E.G. CONFLICT, EXILE) | COLLECTIVE ACTUALIZATION (TO TRUST + ENJOY = LOVE EACH OTHER) | RENEW/CONNECT OTHERS (REVISE CONTEXTUAL AWARENESS) | CULTURE (WHAT OTHERS REPEAT/VALUE) | VIRTUE AMONG EACH OTHER (COLLECTIVE LOVE = EMPATHY, COLLABORATION, PEACE) | # OTHERS IN NETWORK; # OTHERS APPLIED; ALL OF THE ABOVE; ALL OF THE ABOVE |
| NON-SENTIENTS (RESOURCES) | RESOURCE NETWORK (NETWORK OF RESOURCES IN THE PAST, PRESENT, AND FUTURE) | REVENUE (RESOURCE NETWORK GROWTH: E.G. TIME, MONEY, POSESSIONS) | RESOURCES | COSTS (RESOURCE NETWORK EROSION: E.G. TIME, MONEY, POSESSIONS) | FORM (JOY) & FUNCTION (TRUST) (TO BE BEAUTIFUL & USEFUL) | LIVING: DECREASE ENTROPY; NON-LIVING: INCREASE ENTROPY | LOCATION FACTORS (WHAT NATURE REPEATS & WHAT CULTURE BUILDS) | BEAUTY & UTILITY (VALUE IS SUBJECTIVE) | # RESOURCES IN NETWORK; # RESOURCES APPLIED; RESOURCE USAGE RATE; RESOURCE ALLOCATION |

## VIRTUES

CHARACTER TRAITS THAT ARE: STABLE IN TIME/CONTEXTS, VALUED IN ISOLATION, VALUED BY ALL CULTURES, COMMON IN ROLE MODELS, AND INSTILLED IN CHILDREN.

SOURCE: POSITIVEPSYCHOLOGYPROGRAM.COM

HUMANITY | COURAGE | WISDOM | MODERATION | JUSTICE | TRANSCENDENCE

INHUMANITY | COWARDICE | IGNORANCE | EXCESS | INJUSTICE | NEGATIVITY

SOURCE: INFERRED

LEGEND: ACTOR, OBSERVER, RESOURCE, ACTION, INTERACTION, EMOTION, VIRTUE/ VICE, ELAPSED TIME

## VICES

TRAITS THAT ARE: SUFFERED IN ISOLATION AND BY ALL CULTURES, COMMON IN CRIMINALS, AND CORRECTED IN CHILDREN.

| VIRTUE | VICE |
|---|---|
| LOVE | REMORSE |
| KINDNESS | ENVY |
| SOCIAL INTELLIGENCE | SOCIAL IGNORANCE |
| BRAVERY | FEARFULNESS |
| PERSISTENCE | SLOTH |
| HONESTY | DISHONESTY |
| ZEST | DULLNESS |
| CREATIVITY | DESTRUCTIVENESS |
| CURIOSITY | DISINTEREST |
| JUDGEMENT | RECKLESSNESS |
| LOVE OF LEARNING | CLOSED MINDEDNESS |
| PERSPECTIVE | NARROW MINDEDNESS |
| FORGIVENESS | WRATH |
| MODESTY | ARROGANCE |
| PRUDENCE | CARELESSNESS |
| SELF-CONTROL | GLUTTONY |
| LEADERSHIP | INDECISIVENESS |
| FAIRNESS | PREJUDICE |
| TEAMWORK | GREED |
| APPRECIATION OF BEAUTY | CRITICISM |
| GRATITUDE | ENTITLEMENT |
| HOPE | DOUBT |
| HUMOUR | TRAGEDY |
| SPIRITUALITY | NIHILISM |

EACH VIRTUE CREATES NETWORK VALUE IN THE FORM OF THE EMOTIONS JOY AND/OR TRUST (=LOVE). EACH VICE DESTROYS NETWORK VALUE WITH THE EMOTIONS SADNESS AND/OR DISGUST (=REMORSE). EXAMPLES: LOOK AT THE LONG-TERM NET(WORK) IMPACT. SURPRISE, ANTICIPATION, ANGER, AND FEAR ARE SOMETIMES PRESENT BUT NOT REQUIRED FOR CATEGORIZING TRAITS AND/OR BEHAVIOURS AS BEING VIRTUOUS OR VICIOUS.

## PURPOSE OF THIS WORK

OUR BRAINS PREFER INSTANT GRATIFICATION BECAUSE ONLY THE EARLY HUMANS WITH IT SURVIVED. THIS BIAS NO LONGER SERVES OUR LONG-TERM INTERESTS, AS OUR LIVES ARE NOT AT HIGH RISK DAILY. THE EMERGING "ATTENTION ECONOMY" TAKES ADVANTAGE OF THIS BIAS TO WIN OUR SCARCE TIME AND ATTENTION, ROBBING US OF LONG-TERM FULFILMENT AND ALMOST GUARANTEEING END-OF-LIFE REGRET. THE PURPOSE OF THIS WORK IS TO SOLVE THE PROBLEM:

"HOW DO WE LIVE INTENTIONALLY TO ELIMINATE REGRET?"

THIS WORK IS COMPREHENSIVE, CUSTOMIZABLE, MEASURABLE, AND ACTIONABLE, FEATURES MISSING IN OTHER SOLUTIONS.

## REAL-WORLD APPLICATIONS

THESE FIELDS AND IDEAS ARE EITHER INTEGRATED WITH THE SENTIENT PROCESS NETWORK THEORY BY DESIGN OR REPRESENT SIGNIFICANT OPPORTUNITIES TO CREATE VALUE THROUGH THE THEORY'S APPLICATION. THE THEORY WAS DESIGNED TO BE UNIVERSALLY RELEVANT SO AS TO TIE ALL MAJOR FIELDS OF STUDY TOGETHER WITH A COMMON VISUAL LANGUAGE. DOING SO HAS THE POWER TO IMPROVE "EMPATHY" AND "COLLABORATION" GLOBALLY, NOT ONLY BECAUSE THESE ARE "NICE" OR "VIRTUOUS" BEHAVIOURS, BUT BECAUSE IT'S HYPOTHESIZED THEY CAN BE PROVEN OPTIMAL LONG-TERM FOR SELF-FULFILMENT TOO. SUPPORTING EVIDENCE IS FORTHCOMING; CONSIDER THIS THOUGHT EXPERIMENT FOR NOW: VIRTUOUS BEHAVIOURS INCREASE JOY AND TRUST OF OTHERS, INCREASING THE LIKELIHOOD THEY'LL HELP YOU ACHIEVE SHARED GOALS IN FUTURE, WHICH ARE BY DEFINITION FULFILLING TO YOU.

AGRICULTURE, LITERARY ARTS, VISUAL ARTS, CHEMISTRY, DECISION SCIENCE, EDUCATION, ENTREPRENEURSHIP, HISTORY, LAW, MATHEMATICS, NUTRITION SCIENCES, ORG. BEHAVIOUR, PHYSICS, PSYCHOLOGY, SPORT

ANTHROPOLOGY, PERFORMING ARTS, BIOLOGY, COMMUNICATION, ECONOMICS, ENGINEERING, FAMILY, LANGUAGE, LEADERSHIP, NETWORK SCIENCE, OPERATIONS RESEARCH, PHILOSOPHY, POLITICAL SCIENCE, RELIGION, TECHNOLOGY

## TECHNOLOGY DISCUSSION

TECHNOLOGY CREATES VALUE BY AUGMENTING SKILLS RELEVANT TO OUR FULFILMENT OR DESTROYS VALUE WITH DISTRACTIONS WE REGRET. INVENTORS HAVE INFLUENCE OVER WHICH OCCURS MORE, BUT USERS HAVE CONTROL, ALTHOUGH IT IS OFTEN NOT EXERCISED BECAUSE WE NEED CLEAR INTENTIONS TO NOTICE DISTRACTIONS' OPPORTUNITY COSTS. INTENTION, THEN TECHNOLOGY!

## SIMPLE EXAMPLE - WALK OR BUS?

0.9H TARGET

WALK: 1.0H, 0.2H, 5KM, 0.001% — TOTAL VALUE +0.2

BUS: 0.8H, 0.3H, 5KM, 0.002% — TOTAL VALUE -2.6H

CONCLUSION: THOUGH TAKING THE BUS IS IN THIS CASE FASTER AND DRIER, THERE IS A NET BENEFIT TO WALKING AND CLEARING YOUR HEAD WHEN YOU COMBINE OBJECTIVE/SUBJECTIVE VALUE. THIS IS THE POWER OF TIME AS A CURRENCY.


SENTIENTFUTURE
AUGMENT YOUR INTENT

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