

THEORETICAL RESEARCH

Sivaraman's mind action research theory

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Information from the external world enters the mind through the five special senses, forming perception that influences thoughts and emotions. The interaction of thoughts and emotions leads to the formation of impulses, which remain internal until expressed through speech or action, resulting in self-experience. The conversion of impulse into expression is regulated by experience derived from genetic factors, bodily sensations, others' experiences, and self-experience. Experience guides impulse expression by considering contextual factors such as place, meaning, and situation, highlighting the role of sensory input and experiential regulation in shaping human behavior.

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The information from external world enters inside our Mind through five special senses (Vision, Hearing, Taste, Smell and Touch). Although there may be many factors, these five special senses feed key information for formation of Perception. The Perceived Perception influences the formation of Various Thoughts and Emotions. Although there may be many factors, these formed thoughts and Emotions interplay with each other and influence the formation of Impulse (Urge to speak or to do Action). The process so far would be predominantly Internal and won't be available to the external world. When the Impulse is expressed to the external world through Speech or Action, the individual gains self experience.

The Process of Conversion of Impulse into Speech or Action is being regulated by Experience. The Experience is gained by Gene, Visceral Body Sensations, other's experience and Self experience. The Gene carries much information from Ancestors and their descendents and this information feeds the Experience. Apart from Special senses there are several other visceral organs, joint sense and others which influence body sensations and in turn feeds information to Experience. The information gained from other's Experience can directly

feed to Experience without subject to the process of Self Experience.

The Experience gained regulates the process of Conversion of Impulse into Speech or Action. The Experience while regulating the Process considers the Place, Meaning and Situation where the Impulse is going to be expressed as Speech or Action.

Equation 1

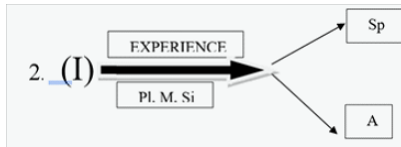
$$1. \text{(T)} \quad \text{(E)} \quad \longrightarrow \quad \text{(I)}$$

(Thoughts) (Emotions) → (Impulse)

The thoughts and emotions may proportionately compensate each other and Impulse can be the same. If there is excess or deficit in formation of thoughts, the emotions may respectively become deficit or in excess so that the Formation of Impulse is left undisturbed and hence external expression of Speech and Action remains the same as usual. If there is excess or deficit in formation of thoughts, the emotions may respectively become excess or in deficit so that the Formation of Impulse gets altered and hence

external expression of Speech and Action may vary from one's usual self.

Equation 2



The Impulse will be tested by Experience through Place, Meaning and Situation before Speech or Action formation. The impulse once formed will urge to express to the external world through Speech or Action or both. The Prevailing Place, Meaning and Situation where the Impulse is going to be expressed as Speech or Action, guides the Experience so

that it may modify how the Speech or Action is expressed to the external world. The Place, Meaning and Situation interplay with each other and guide the Experience so that different possible consequences of Expression of Speech or Action will be analyzed before it gets expressed to the external world.

This implies that by Modifying Speech and Action at appropriate Place, Meaning and Situation the Impulse can be modified and in turn Thoughts, & Emotions Can be modified. Also by Modifying Speech, one's Thoughts & Emotions can be modified and in turn Impulse can be modified and in turn Action can be modified.

The individual's Speech and Action are expressed in the External world.They are modifyable by regular appropriate practice. This implies that by choosing appropriate words

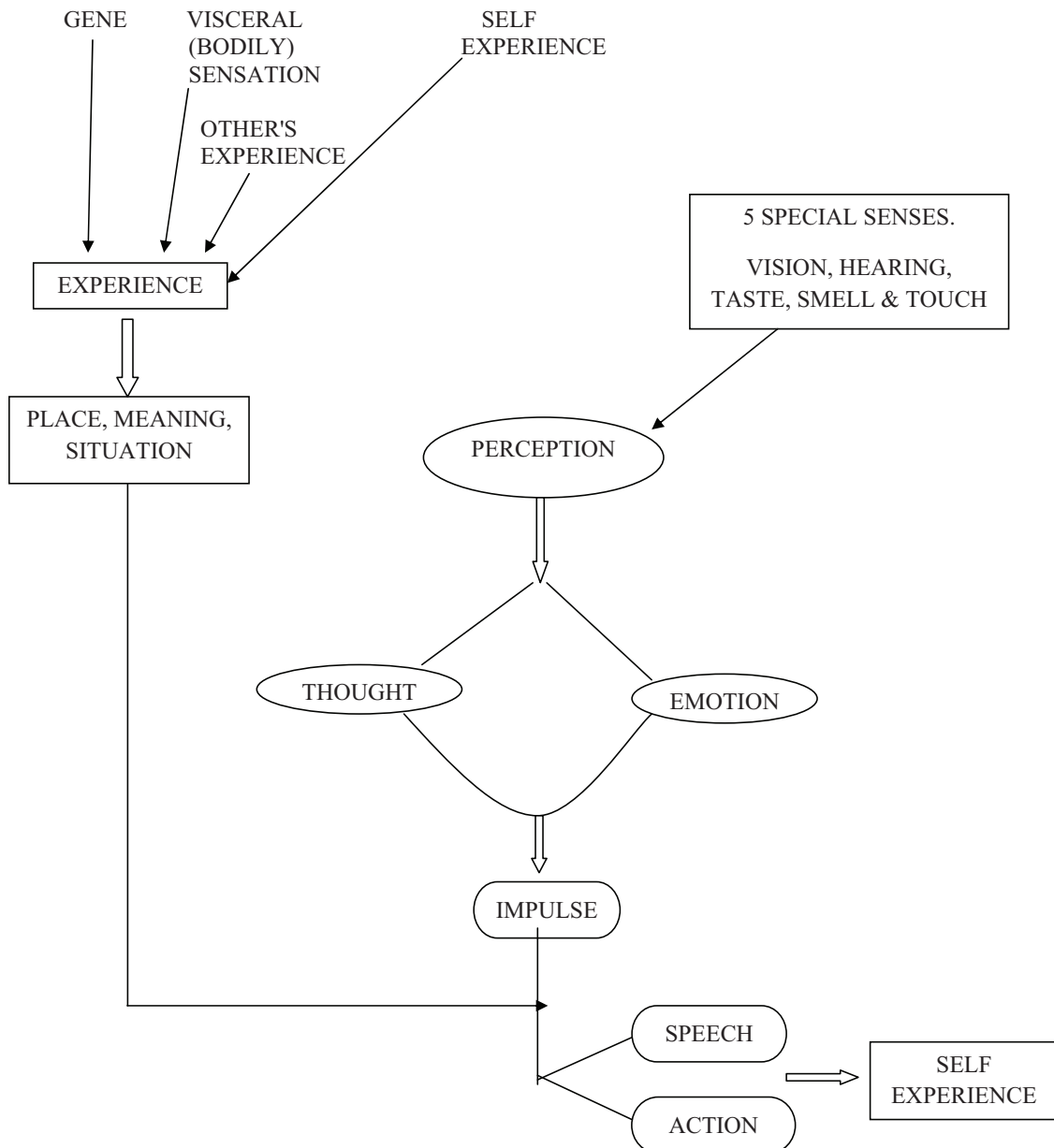
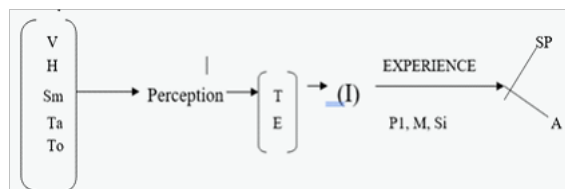


FIGURE 1 |

and Actions while expressing to the external world one can modify their Thought and Action Formation in their inner self.

Equation 3



By directing five Special Senses in a desired way, Thoughts and Emotions can be directed in a desired Path, While Thought and Emotions in turn direct the Impulse formation. The Impulse in turn when subjected to experience will be tested for appropriate Place, Meaning and situation which will in turn lead to formation of speech or Action.

Experience is gained from different Modes including Gene, Visceral (Bodily) Sensation, Self Experience and Other's Experience. This gives an understanding that by choosing Appropriate Gene, Optimal functioning of visceral and other organs, Carefully choosing Information from Other's Experience and Information from one's own self Experience will decide whether Impulse to be converted into Speech and Action in the same or different Manner. The Speech and Action Can reflect the Impulse in the same Version, Exactly opposite version or a modified version depending upon the Place, Meaning and situation as directed by Experience. If Impulse, Speech and Action are one and

same there will not be any Conflict. If speech and Action is modified by Experience there will be a Conflict between Impulse and Experience.

This implies that by directing five Special senses appropriately and strengthening one's self towards intended Goal (What is to be achieved) by Speech (words read out loudly/Pledge), Thought and Emotions will be directed towards the desired Goal.

This implies that by directing five Special senses appropriately and strengthening one's self towards intended Goal (What is to be achieved) by Action (Regular exercise /behavior), Thought and Emotions will be directed towards the desired Goal.

Note:

T = Thought, Sp = Speech, E = Emotion, I = Impulse. A = Action, V = Vision, H = Hearing, Ta = Taste, Sm = Smell, To = Touch, Pe = Perception, PI = Place, M = Meaning, Si = Situation.

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References

1. Sivaraman S, *SMART (SIVARAMAN'S MIND ACTION RESEARCH THEORY)*, Copyright office New Delhi R.O.C Reg.No. LD-20250168403 16/7/2025. (2025). Available online at: <https://copyright.gov.in/Applicant/MyRegRoc.aspx>