

Q 3. What do you mean by your natural acceptance and experiential validation?

ANS. Natural acceptance is a mechanism of self exploration. Self exploration is a method to explore our self. Natural acceptance is process to understand our self first. Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. In other words, Natural acceptance is way to accept the good things naturally. Experiential validation is a process that infuses direct experience with the learning environment and content. It may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values. Most of what we know about our self is not only through our own opinion of our self but also because of how others view us. When what we already believe to be true of us is validated by some situations, phenomena or outcomes. We may term it as experiential validation.

Q 4. Explain the process of self-exploration with a diagram.

“Process of self exploration leads to realization and understanding.” Explain with example.

ANS. Self exploration is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me, has to be judged within myself. Through self exploration we get the value of our self. The process of self exploration is as follows:

First of all we have to keep in mind that, Whatever is being presented is a PROPOSAL.

Don't assume it to be true immediately, nor reject it without proper exploration.

Verify it in your own right, on the basis of it being naturally acceptable to you, o Not just on the basis of scriptures

Not on the basis of equipment/instrument data

Not on the basis of the assertion by other human beings.

Therefore, it is essential to carefully ponder over these on your own right. Neither accept these as true immediately nor reject them prematurely without proper exploration.

Don't just accept / reject these only on the basis of the following:
Because something like this/ different from this, has been mentioned
in scriptures,

Or, because it has been preached/ denied by some great men,

Or, a large number of people possess such a view / a different view,

Or it is claimed to have been verified through some physical
instrument or, claimed that this is beyond the domain of verifiability
by physical instruments.

Then what to do

Verify on the basis of your natural acceptance

Live accordingly to validate It experientially

If the proposal is true in behavior with human leads to mutual
happiness

If the proposal is true in work with rest of the nature leads to mutual
prosperity

Remember, it is a process of self- exploration, therefore, it has to be
authenticated by us

alone by means of verification at the level of natural acceptance and
experiential validation. The process is shown in the diagram below:

But this process is not complete. It will be completed when on
verification on the basis of natural acceptance and testing in our living
ultimately results in 'realization' and 'understanding' in us.

Verify on the basis of your natural acceptance

Live accordingly to validate it experientially

If the proposal is true in behavior with human leads to mutual
happiness

If the proposal is true in work with rest of the nature leads to prosperity

Results in realization and understanding

On having realization and understanding we get

- o Assurance

- o Satisfaction Universality (Applies to all time, space and individual) Take for example: a proposal- 'respect' is a value in human relation. When I verify at the level of natural acceptance, I find that it is naturally acceptable to me. Similarly, when I behave with respect, it is mutually fulfilling to me and to the other.

Thus the proposal is 'True'. If it fails on any of the two tests, it is untrue.

This verification leads to realization of the truthfulness of the proposal and it becomes part and parcel of my understanding. It is reflected in my thoughts and in my behavior.