

What do you mean by self-exploration? What is the need for self-exploration?

What do you understand by self exploration?

Where does it take place – self or body?

Explain the concepts of natural acceptance and experiential validation as the mechanisms of self exploration.

What is the mechanism of self exploration? And as a result what do we get in the end and how?

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. For self exploration we need two expects:

Natural acceptance: Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. Once we fully and truly commit our self on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment.

Experiential validation: 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.

Self exploration takes place in the self and not the body.

Illustrate the purpose of self exploration.

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 purpose of self exploration is:

It is a process of dialogue between “what you are” and “what you really want to be”: It is a process of focusing attention on our self, our present beliefs and aspirations vis-à-vis what we really want to be (that is to say, what is naturally acceptable to us). If these two are the same, then there is no problem. If on investigation we find that these two are not the same, then it means we are living with this contradiction (of not being what we really want to be) and hence, we need to resolve this contradiction this conflict within us. It is a process of discovering that there is something innate, invariant and universal in all human beings. This enables us to look at our confusions and contradictions within and resolve them by becoming aware of our natural acceptance.

It is a process of self evolution through self investigation: It successively enables us to evolve by bridging the gap between ‘what we are’ and ‘what to be’. Hence, the self exploration leads to our own improvement, our self evolution – we will become qualitatively better.

It is a process of knowing oneself and through that, knowing the entire existence: The exploration starts by asking simple questions about our self, which gives our clarity about our being, and then clarity about everything around us.

It is a process of recognizing one's relationship with every unit in existence and fulfilling it: It is a process of becoming aware about our right relationship with other entities in existence and through that discovering the interconnectedness, co-existence and other in the entire existence, and living accordingly.

It is a process of knowing human conduct, human character and living accordingly: It is a process of discovering the definitiveness of human conduct and human character and enabling one to be definite in thought, behaviour and work.

It is a process of being in harmony in oneself and in harmony with entire existence: This process of self exploration helps us to be in harmony with our self and with every thing around.

It is a process of identifying our innateness and moving towards self organization and self expression: This process of self exploration helps us to identify our swatva and through that acquiring swatantrata and swarajya.

Swatva: Innateness of self – the natural acceptance of harmony

Swatantrata: Being self- organized – being in harmony with oneself

Swarajya: Self-expression, self- extension – living in harmony with others

Swatva Swatantrata Swarajya

The swatva is already there, intact in each one of us. By being in dialogue with it, we attain swatantrata enabling us to work for swarajya.

What do you understand by the terms svatva, swatantrata and swarajya?

What is innateness (svatva), self organization (swatantrata) and self expression (swarajya)? How are they related to each other?

ANS. This process of self exploration helps us to identify our swatva and through that acquiring swatantrata and swarajya.

Swatva means innateness of self – the natural acceptance of harmony. Swatantrata means being self- organized – being in harmony with oneself Swarajya means self-expression, self- extension – living in harmony with others

The swatva is already there, intact in each one of us. By being in dialogue with it, we attain swatantrata enabling us to work for swarajya. Living in contradiction, means we are not self-organized and living with pre-conditionings where we have assumed certain things, have accumulated desires without having first evaluated them, then it means we are partantra. On the other hand, when we identify our innateness, what we really want to be and establish a dialogue with it, it enables us to start living with this harmony, it starts expressing itself through our harmonious behaviour and work, and it naturally extends to our participation with the surroundings. This is working towards swarajya.