

SELF EXPLORATION

INTRODUCTION

- It is process to find out what is valuable to me investigating within myself. Since it is me who feel happy, successful, unhappy or unsuccessful. Therefore, what is right for me is to be judged by myself .Though self exploration we get the value of ourselves. We live with different entirety (family, friends , air , soil , water , tree etc.) and we want to understand our relation with all these. For this we need to start observing inside.
- It soon becomes a dialog within your own Self...

According to Merriam-Webster:-

“ The examination and analysis of one's own unrealized spiritual or intellectual capacities.”

- The main focus of self exploration is myself “ The Human Being’ .
. Content of self exploration is just finding answers to the following fundamental questions .
 1. The desire / goal , what is my (Human) desire/goal ?
What do I really want in life, what is the goal in human life ?
 2. What is my programme for fulfilling the desire ?
How to fulfil it ?what is the programme to actualise the above

In short, two questions cover the whole domain of human aspirations and human desire ? Thus they form the content of self exploration.

PROCESS OF SELF EXPLORATION

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self .
2. It is a process of dialog between what I am and my Natural Acceptance or what I really want to be.
3. It is a process of Self-exploration, Self-investigation
→ Self-evaluation.
4. It is a process of knowing oneself and through the self, knowing Nature and the entire existence.
5. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship.
6. It is a process of knowing Human Conduct and living according to it.
7. It is a process of living in harmony in oneself, living in harmony with others...living in harmony with entire existence

PROCESS OF SELF EXPLORATION

Being a keen observer

Focusing on strong emotions

Chasing strong emotions

Identifying core values and beliefs

**Knowing line of demarcation and
responsibility**

PURPOSE OF SELF EXPLORATION

- It is a process of dialogue between “what you are” and “what you really want to be”
- It is a process of self evaluation through self Investigation
- Process of knowing oneself and through that understanding entire existence.
- Process of recognizing relationship with every unit in existence.
- Process of knowing human conduct, human character & living accordingly.
- Process of being in harmony with oneself and with entire existence.
- Process of knowing innateness, & moving towards self organization & self expression.

MECHANISM OF SELF EXPLORATION

NATURAL ACCEPTANCE AND EXPERIENTIAL VALIDATION

1. NATURAL ACCEPTANCE

Natural Acceptance	Experiential Validation
<p>Given independent choice, what is acceptable naturally</p> <p>Natural Acceptance</p> <p>E.g. Relationship Food for health Mobile for communication</p>	<p>Under the given circumstances, what one ends up accepting</p> <p>Peer pressure, conditioning Sensation Acceptance</p> <p>E.g. Sometimes relationship, sometimes opposition Sometimes food for health, sometimes food for taste Sometimes for communication, sometimes for respect, show-off</p>

- 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 ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment.

2. 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.
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