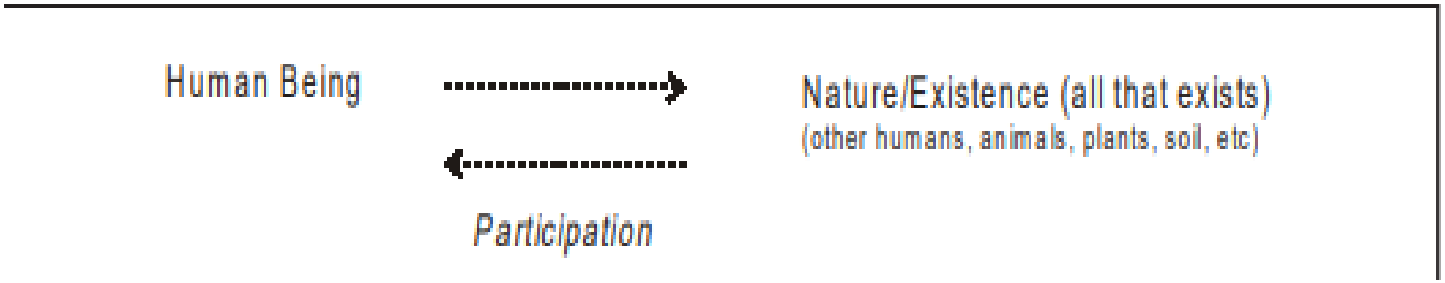
Topic: Self-exploration as the Process for Value Education

- Subject : **Universal Human Values 2 : Understanding Harmony**

By:
Prajakta Upadhye
Assistant Professor
ETC Department
GHRCEMN,Nagpur

Self-exploration as the Process for Value Education



What is Self-exploration? What is its Purpose?

- self-exploration and its purpose.
- 1. It is a process of dialogue between “what you are” and “what you really want to be”.
- 2. It is a process of self-evolution through self-investigation.
- 3. It is a process of knowing oneself and through that, knowing the entire existence.
- 4. It is a process of recognizing one’s relationship with every unit in existence and fulfilling it.
- 5. It is a process of knowing human conduct, human character and living accordingly.
- 6. It is a process of being in harmony in oneself and in harmony with entire existence.
- 7. It is a process of identifying our Innateness (the quality of being unchangeable)(Swatva) and moving towards Selforganization (Swatantratã) and Self-expression (Swarãjya).

1.It is a process of dialogue between “what you are” and “what you really want to be”:

- Ask yourself this question: “Am I what I really want to be?

2.It is a process of self-evolution through self-investigation:

By self-investigation, we shall work towards being what we really want to be. Hence, the self-exploration leads to our own improvement, our own self-evolution – we will become qualitatively better. We can be more in harmony within ourselves

3. It is a process of knowing oneself and through that, knowing the entire existence:

- self-exploration leads to us knowing ourselves better. Today, we are largely unaware of our own characteristics, our own assumptions, beliefs and pre-conditionings. We will go beyond these beliefs to know ourselves
- Ask yourself: Do I want to know myself?

4.It is a process of recognizing one's relationship with every unit in existence and fulfilling it:

- 5. It is a process of knowing human conduct, human character and living accordingly:
- Once we know, through self-exploration, our own true nature and the things around us, we shall also know what our relationship and participation is with the other things we live with, all the things around us – then we will be able to rightly understand ethical human conduct or the humane conduct. Thus, the process of Self-exploration will enable us to identify the definitiveness of human conduct and to live accordingly

6. It is a process of being in harmony in oneself and in harmony with entire existence:

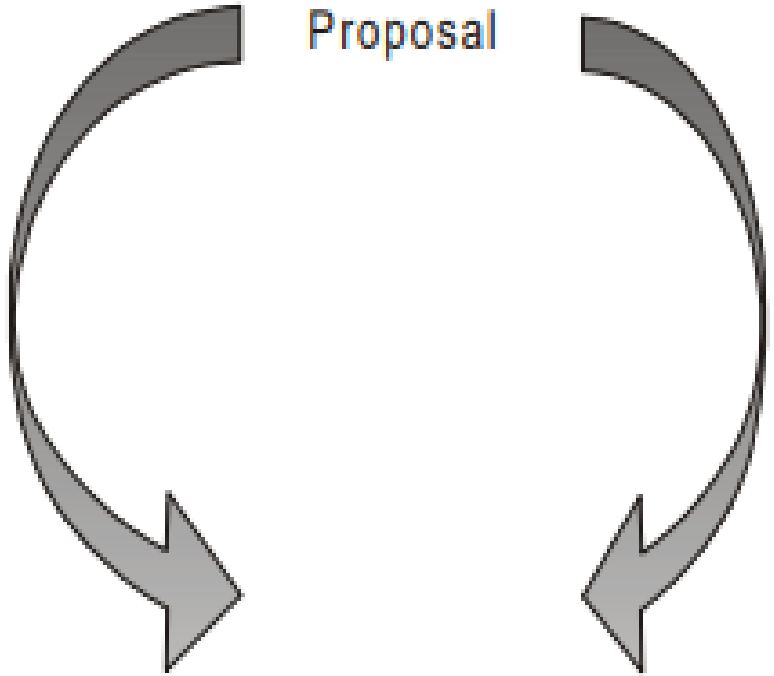
- 7. s a process of identifying our Innateness (Swatva) and moving towards Selforganization (Swatantratã) and Self-expression (Swarãjya):
- Swatantratã : Being self-organised : Being in harmony in oneself Swarãjya : Self-expression, Self-extension : Living in harmony with others, and thus participation towards harmony in the whole existence

Ask yourself this question: Are you self-organized right now? Are you able to be in harmony with others?

- In the light of what we have discussed so far, the content of Self-exploration can be visualized in terms of finding answers to the following fundamental questions of all human beings:
- 1. Desire: What is my basic aspiration
- Program: What is the process to fulfil this basic aspiration

- It is a proposal
  - Don't assume it to be true
  - Verify it in your own right
    - Not on the basis of scriptures
    - Not on the basis of readings from instrument
    - Not on the basis of others
- Self verification

Process of Self Exploration



Verify on the basis of your natural acceptance

Live according to

behaviour with human leads to mutual happiness

Work with rest of the nature leads to mutual prosperity

Summary

Q 9. Define self exploration. What is the content 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 ourselves. We live with different entirety (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these. For this we need to start observing inside.

The main focus of self-exploration is myself - the human being. Content of self exploration is just finding answers to the following fundamental questions of all human beings:

1. **The Desire/Goal:** What is my (human) Desire/ Goal? What do I really want in life, or what is the goal of human life?

2. **Program:** What is my (human) program for fulfilling the desire? How to fulfil it? What is the program to actualize the above?

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

Natural Acceptance

- At this point, we can make the following observations about natural acceptance:
- (a) Natural acceptance does not change with time: The natural acceptance does not change with time. It remains invariant with time. This can be easily verified. For example, our acceptance for trust or respect does not change with age. People hundred years ago also had the same natural acceptance. We can try to verify this within our span of observation.
- (b) It does not depend on the place: Whether we are in New Delhi, New York or Abu Dhabi, if we address our natural acceptance, the answer would still be the same!
- (c) It does not depend on our beliefs or past conditionings: We may be told frequently not to trust people of other religions or castes, but is it naturally acceptable to us? No matter how deep our belief or past conditioning, as long as we ask ourselves the question sincerely, as long as we refer deep within ourselves, the answer will always be the same

Natural Acceptance

- This natural acceptance is ‘constantly there’, something we can refer to: Try this yourself: think of cheating or exploiting someone. The moment you think of this, you sense a contradiction within and feel unhappy that very instant! It happens very quickly, and we may not notice it.
- Natural acceptance is the same for all of us: it is part and parcel of every human being, it is part of human-ness: Let’s start exploring into this. We will find that no human being finds disrespect acceptable in relationship. No matter who the person, however bad or good, one always expects respect in relationship. For example, let us say a person ‘A’ disrespects ‘B’. This man ‘B’ may bear a grudge against ‘A’ and set out to “teach him a lesson”. This is because ‘B’ does not find disrespect acceptable and when he does not get respect, it offends him. This may actually end up leading to a large scale conflict

Natural acceptance is there in all of us. It is within us, all the time and we can refer to it, access it to know what is right for us. We only have to start referring to it. Each proposal in this book needs to be evaluated on the basis of your natural acceptance

Q 10. 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 ourselves. Natural acceptance is process to understand ourself 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 others view.

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.

What is the State Today?

- Neither are we verifying our assumptions/ proposals put to us on the basis of our natural acceptance
- Nor are we verifying what we think we know, in our living!

What is the Way Out? What do we Need to Do

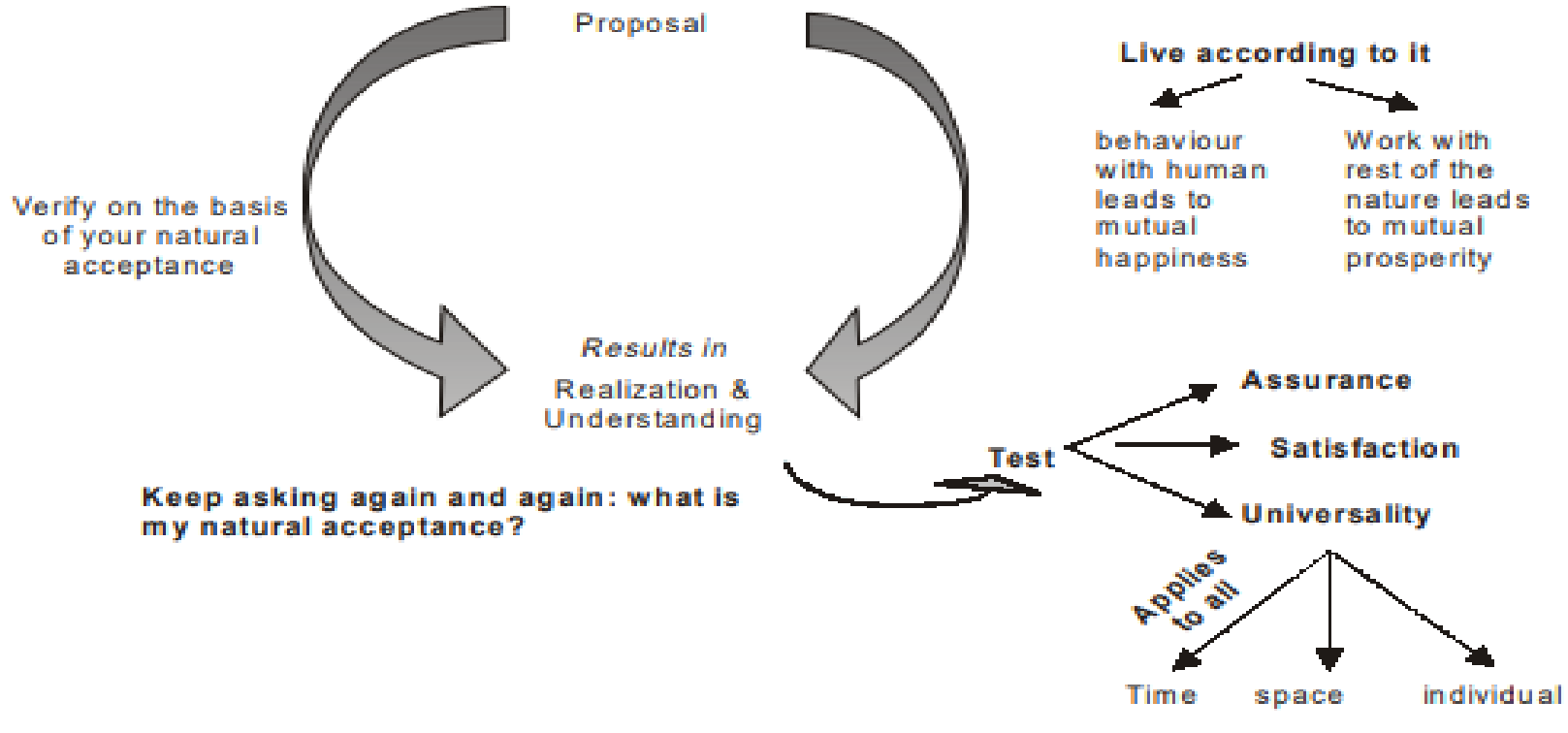
- We have to start verifying our assumptions, beliefs on the basis of our natural acceptance and experiential validation
- Realization and Understanding

We saw earlier that the process of Self-exploration involves two steps:

1. Verification of the proposals on the basis of our natural acceptance
2. Experiential validation by living according to it

- It is a proposal
  - **Don't just assume it to be true**
  - **Verify it in your own right**
    - **Not on the basis of scriptures**
    - **Not on the basis of readings from instruments**
    - **Not on the basis of others**
- Self-verification

Process of Self-exploration



- The answers we get on having realization & understanding are:
- (a) Assuring: “I am assured of the answer or understanding in myself”
- (b) Satisfying: “I am satisfied that the answers are fulfilling for me.
- (c) Universal: “I know or realize that the answers I have got are the same for everyone. They are invariant with respect to:
- (i) Time: These answers are the same at all times: past, present and future
- (ii) Space: These answers are the same at all places or locations
- (iii) Individual: The answers are the same for every human being If the answers we get do not fulfil any of the criteria of being assuring, satisfying and universal; it means the answer is most likely coming from your past beliefs/conditioning and not from your natural acceptance. Hence, you need to re-verify the answer

Summary

- We need to undergo Self-exploration because we want to find out what is valuable to us, and secondly we want to understand our relationship, our participation with the things around us

Summary

Self-exploration is

- A process of dialogue between “what you are” and “what you really want to be”.
- A process of Self-evolution through self-investigation.
- A process of knowing oneself and through that, knowing the entire existence.
- A process of recognizing one’s relationship with every unit in existence and fulfilling it.
- A process of knowing human conduct, human character and living accordingly.
- A process of being in harmony in oneself and in harmony with entire existence.
- A process of identifying our Innateness (Swatva) and moving towards Selforganization (Swatantratã) and Self-expression (Swarãjya)

Summary

- The content of self-exploration is exploring into two fundamental questions: what our basic aspiration is; and the program to fulfil this basic aspiration.
- Process of self-exploration involves two things, firstly, verifying on the basis of natural acceptance, and secondly, validating experientially by living accordingly. When the proposal is verified on both the bases, it leads to realization and understanding. Understanding is assuring, satisfying and universal with respect to time, space and individual
- Natural Acceptance does not change with time, individual or place and is not tainted with our pre-conditionings. It is innately present in each one of us and we can always refer to it