



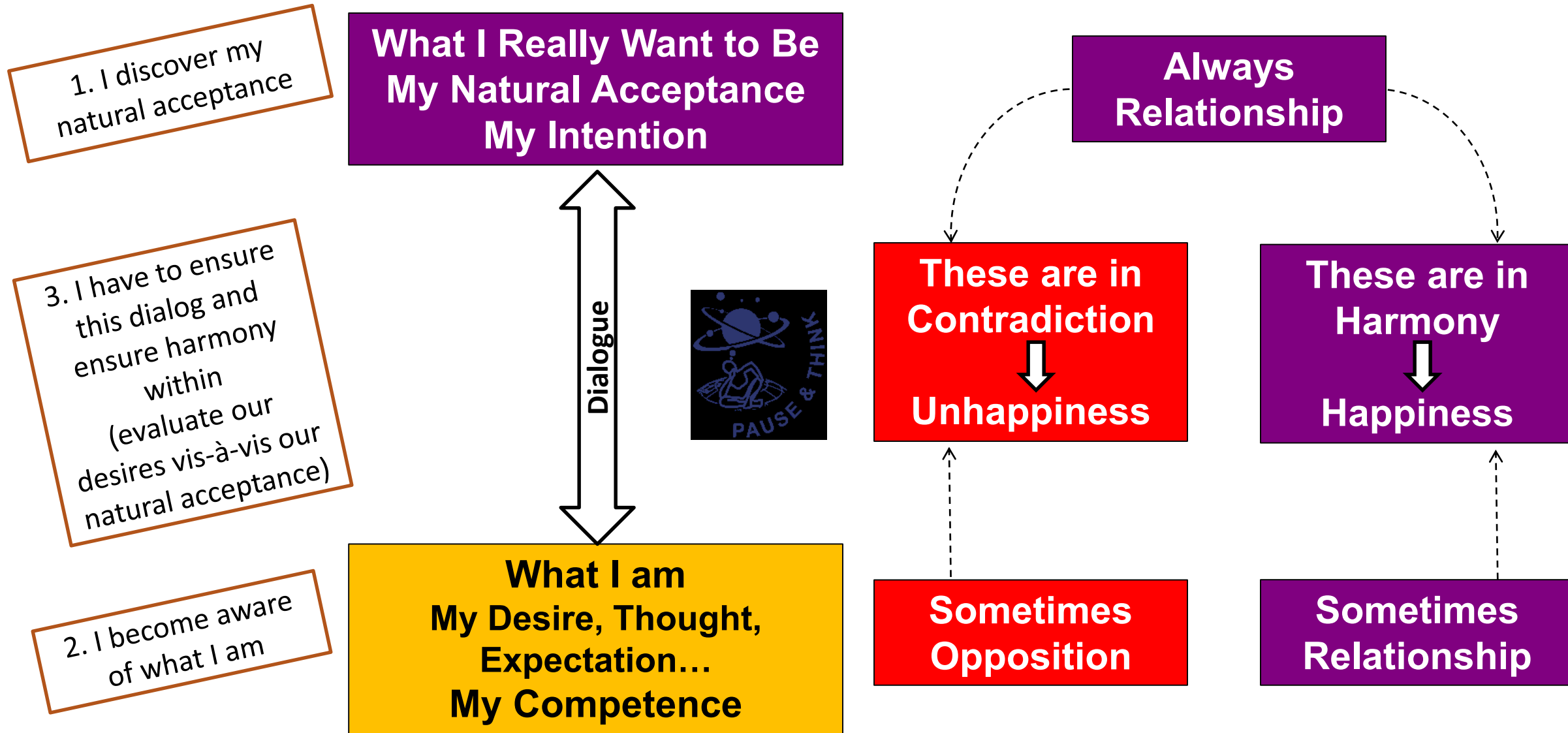
# **Lecture 2**

## **Self-exploration as the Process for Value Education**

## What is this Workshop / Course

1. It is a process of dialogue – between me and you, to begin with  
यह संवाद की प्रक्रिया है। यह संवाद आपके और मेरे बीच शुरू होता है।
2. It soon becomes a dialogue (Self-exploration) within your own Self...  
शीघ्र ही यह संवाद आपके स्वयं में चलने लगता है।

# The Dialogue Within



# Process of Self-exploration, Self-investigation

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 dialogue between what I am (जैसा मैं हूँ) and my Natural Acceptance or what I really want to be (जैसा होना मुझे सहज स्वीकार्य है = स्वत्व)
3. It is a process of Self-exploration, Self-investigation → Self-evolution
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 (मानवीय आचरण) and living according to it
7. It is a process of living in harmony within, living in harmony with others...  
living in harmony with entire existence

# अध्ययन प्रक्रिया

1. यह एक संवाद की प्रक्रिया है।
2. यह स्वयं (जैसा मैं हूँ) की अपने स्वत्व (जैसा होना मुझे सहज स्वीकार्य है) से संवाद की प्रक्रिया है।
3. यह स्वयं में, स्वयं के अधिकार पर जाँचने की प्रक्रिया है।
4. यह स्वयं को एवं स्वयं के माध्यम से संपूर्ण अस्तित्व को समझने की प्रक्रिया है।
5. यह अस्तित्व की हर इकाई के साथ अपने संबंध को पहचानने एवं तदनुसार जीने की प्रक्रिया है।
6. यह मानवीय आचरण को समझने एवं तदनुसार जीने की प्रक्रिया है।
7. यह स्वयं में स्वतंत्रता एवं समग्र अस्तित्व के साथ स्वराज्यपूर्वक जीने की प्रक्रिया है।

स्वत्व → स्तंत्रता → स्वराज्य

अपनी सहज स्वीकृति को देखना / समझना  
जैसा होना मुझे सहज स्वीकार्य है

स्वत्व



सहज स्वीकृति के आधार पर भाव, विचार  
स्वयं में व्यवस्थापूर्वक जीना

स्वतंत्रता



दूसरों के साथ संबंध / व्यवस्थापूर्वक जीना – संपूर्ण अस्तित्व के साथ

स्वराज्य

# Self-exploration, Self-investigation

## 1. Content of Self Exploration:

a. Desire (चाहना) - Aim, Objective, Basic Aspiration, Purpose

What do I want to achieve?

b. Program (करना) – Process of achieving the desire, action

How do I achieve it ?

Are these questions important for you?

Do you have any other questions?

to Become Something?	to Do Something?	to Get Something?	To Be Something?
an engineer	Build bridges...	Money, name, respect...	Happy, prosperous
a doctor	Keep people healthy...	Fame, money...	Happy, prosperous
a farmer	Grow nutritious food...	Acceptance, respect, money...	Happy, prosperous
an artist	Inspire through music...	Name, fame, money...	Happy, prosperous
a teacher	Educate...	Money, respect...	Happy, prosperous
-----Steps / Pathways -----			--Basic Aspiration--

Which is your basic aspiration? Your goal?  
(if being is your goal, the others are steps/ pathways)

If one pathway is not available is there no way to achieve your basic aspiration?  
(one can choose another pathway)



# Desire – Aim, Objective, Basic Aspiration, Purpose (What do I want to achieve?)

1. Happiness
2. Prosperity
3. **The continuity of Happiness and Prosperity**

Let us find out:

Do we desire for Happiness?

Do we desire for Prosperity?

Do we desire for the continuity of both (happiness & prosperity)?

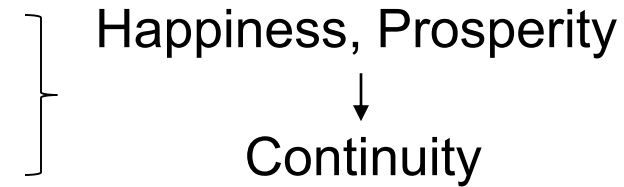
If continuity of happiness and prosperity is ensured then what else would you desire?

Our basic aspiration is for **happiness, prosperity and its continuity**  
(our desires are not unlimited or indefinite)

# Self-exploration, Self-investigation

## 1. Content of Self Exploration:

- a. Desire (चाहना) - Aim, Objective, Purpose  
What do I want to achieve?



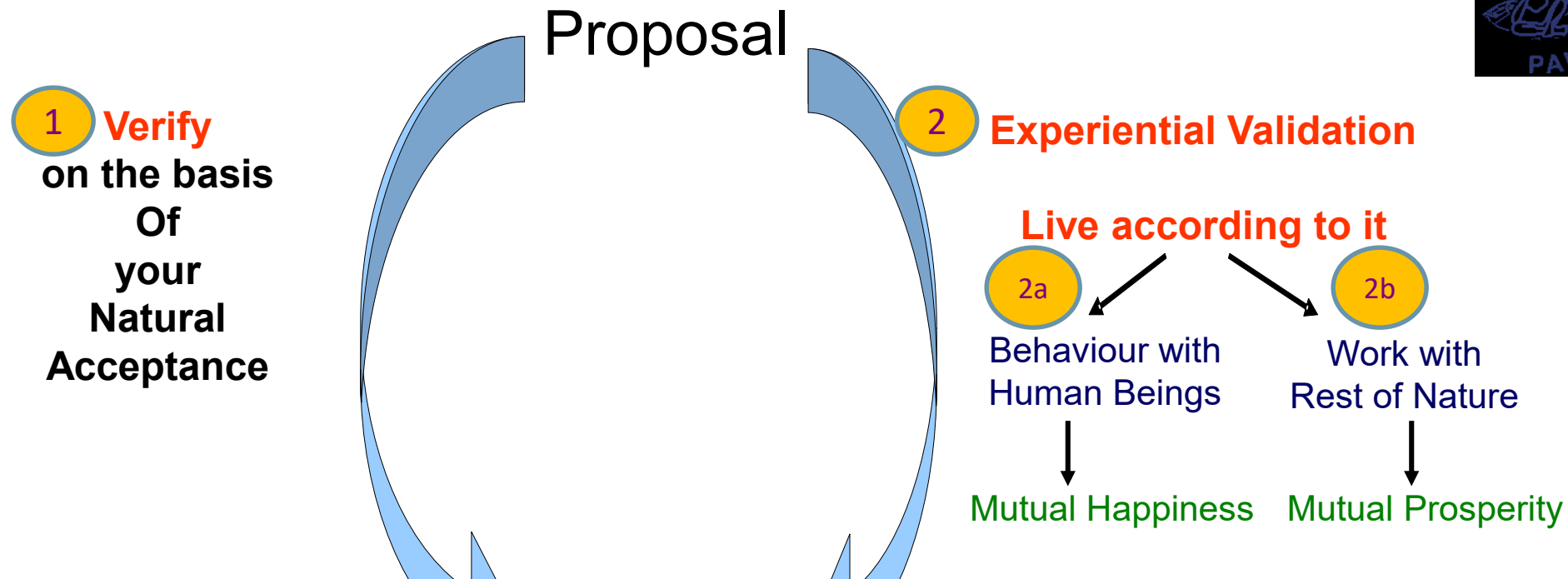
- b. Program (करना) – Process of achieving the desire, action  
How do I achieve it ?

## 2. Process of Self Exploration

- a. Whatever is stated is a **Proposal**  
**Verify** it on your own right  
**Do not assume it to be true/ false**
- b. Self-verification

# Process of Self-verification

Whatever is stated is a **Proposal** – **Verify** it on your own right  
(**Do not assume it to be true/ false**)



**Which process is Naturally Acceptable to you?**

**A process of self-exploration, self-verification on your own right, leading to understanding in yourself or**

**A process of do's & don'ts, in which you assume what is said, without verification**

# Sum Up

Content of self-exploration      Basic human aspiration      happiness, prosperity → continuity  
How to fulfil it

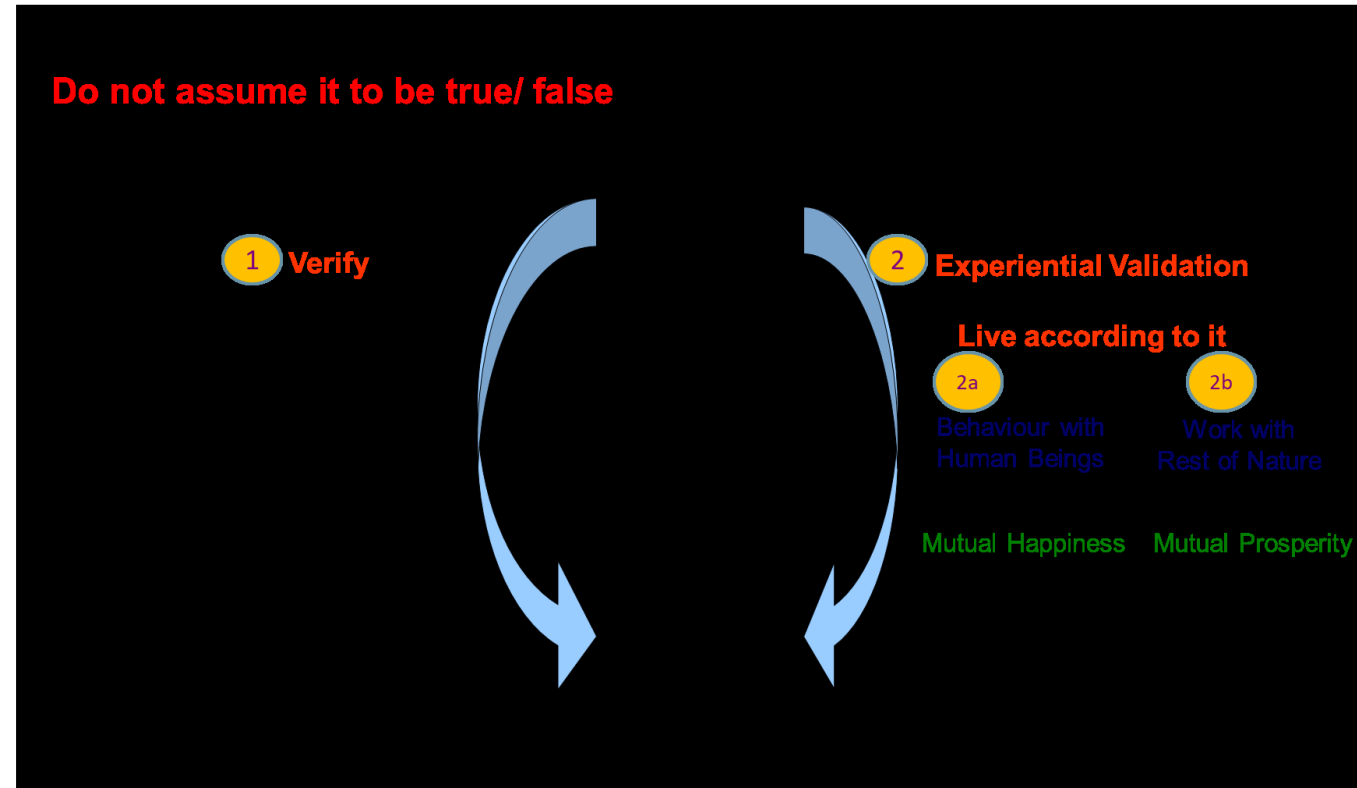
Process of self-exploration

(it may start with the dialogue  
between you and me,

but it soon becomes a dialogue within you  
between "what you are" and  
"your natural acceptance"

The Purpose of this workshop/course is  
to initiate/strengthen self-exploration in you  
(discover your natural acceptance...)

Self-investigation, self-verification



## Practice Session after Lecture 2

Introduce yourself in detail:

- Share about yourself, your family and your friends.
- Share salient achievements and failures in your life.
- Share how do you presently differentiate between right and wrong.
- Share your aspirations from life. Share what a fulfilling life means for you. For this, you may list out the top five points that occur to you when you think of a fulfilling life. While making the list, please consider your entire life, not just the present stage of your life (youth, middle age, old age, etc.). How do you expect to fulfil these aspirations and live a life of fulfillment?

What are your observations and conclusions from your life experiences so far?

**Expected Outcome:** The students start exploring themselves; get comfortable with each other and with the teacher and start appreciating the need and relevance of the course.



# FAQs for Lecture 2

Self-exploration as the Process for Value Education

# Questions

- How can we say that natural acceptance is invariant with time?
- What we accept is something quite subjective, different things appeal to different people – How can we say that natural acceptance is same for everybody? Actually what is this natural acceptance?
- Everyone is right according to his or her own understanding. Kindly comment.
- ...

## Acceptance

**What one accepts  
under the circumstances, influence of**

Others (peer pressure)  
Own preconditioning, tastes, likes-dislikes...  
Sensation...

Sometimes respect, sometimes disrespect...

Sometimes nurture Body, sometimes exploit...

Respect elders

## Natural Acceptance

**What is acceptable naturally**

Innate Nature (natural acceptance)

Always respect

Nurture the Body

Respect all



# Acceptance

**What one accepts  
under the circumstances, influence of**

Others (peer pressure)  
Own preconditioning, tastes, likes-dislikes...  
Sensation...

May change with time  
May change with place  
May change with person

## Indefinite

may depend on circumstances, influences...

**Happiness or unhappiness**

# Natural Acceptance

**What is acceptable naturally  
About your participation with the other unit**

Innate Nature (natural acceptance)

Does not change with time  
Does not change with place  
Does not change with person

## Definite

uncorrupted by preconditioning...

**Happiness always** (assurance, satisfaction)

# Self Reflection