



Lecture 2

Self-exploration as the Process for Value Education

About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



1. It is a process of dialogue – between me and you, to begin with
;g laokn dh izfØ;k gSA ;g laokn vkids vkSj esjs chp 'kq: gksrk gSA
2. It soon becomes a dialogue within your own Self...
"kh?kz gh ;g laokn vkids Lo;a eas pyus yxrk gSA

The Dialogue Within

1. We have to discover our natural acceptance (where we want to reach)

3. We have to ensure this dialog and ensure harmony within (evaluate our desires vis-à-vis our natural acceptance)

2. We have to find out what I am (where we are now)

**What I Really Want to Be
My Natural Acceptance
My Intention**



**What I am
My Desire, Thought,
Expectation...
My Competence**

**Always
Relationship**

**These are in
Contradiction
↓
Unhappiness**

**These are in
Harmony
↓
Happiness**

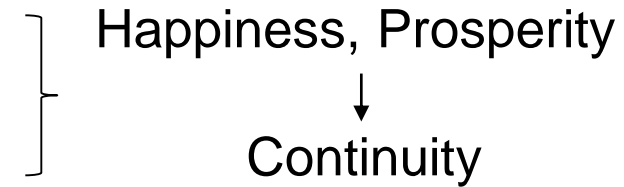
**Sometimes
Opposition**

**Sometimes
Relationship**

Self-exploration, Self-investigation

1. Content of Self Exploration:

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



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

2. Process of Self Exploration

- a. Whatever is stated is a **Proposal**

Do not assume it to be true/ false

Verify it on your own right

- b. Self-verification

Content of Self-exploration

Desire-

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

Let us find out:

1. Do we desire for Happiness?
2. Do we desire for Prosperity?
3. Do we desire for the continuity of both (happiness & prosperity)?
4. If continuity of happiness and prosperity is ensured then what else would you desire?

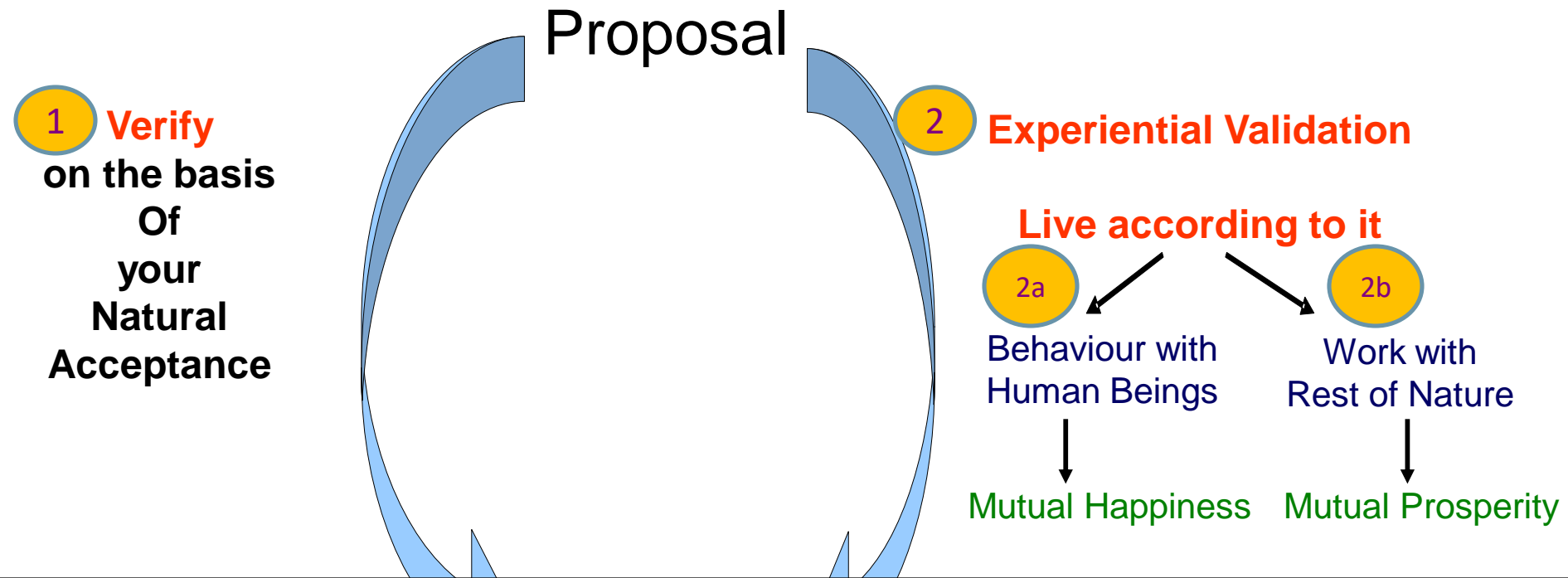
Our desires are not unlimited or indefinite

Our basic aspiration is for **happiness, prosperity and its continuity**

Process of Self-verification

Whatever is stated is a **Proposal** (**Do not assume it to be true/ false**)

Verify it on your own right



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

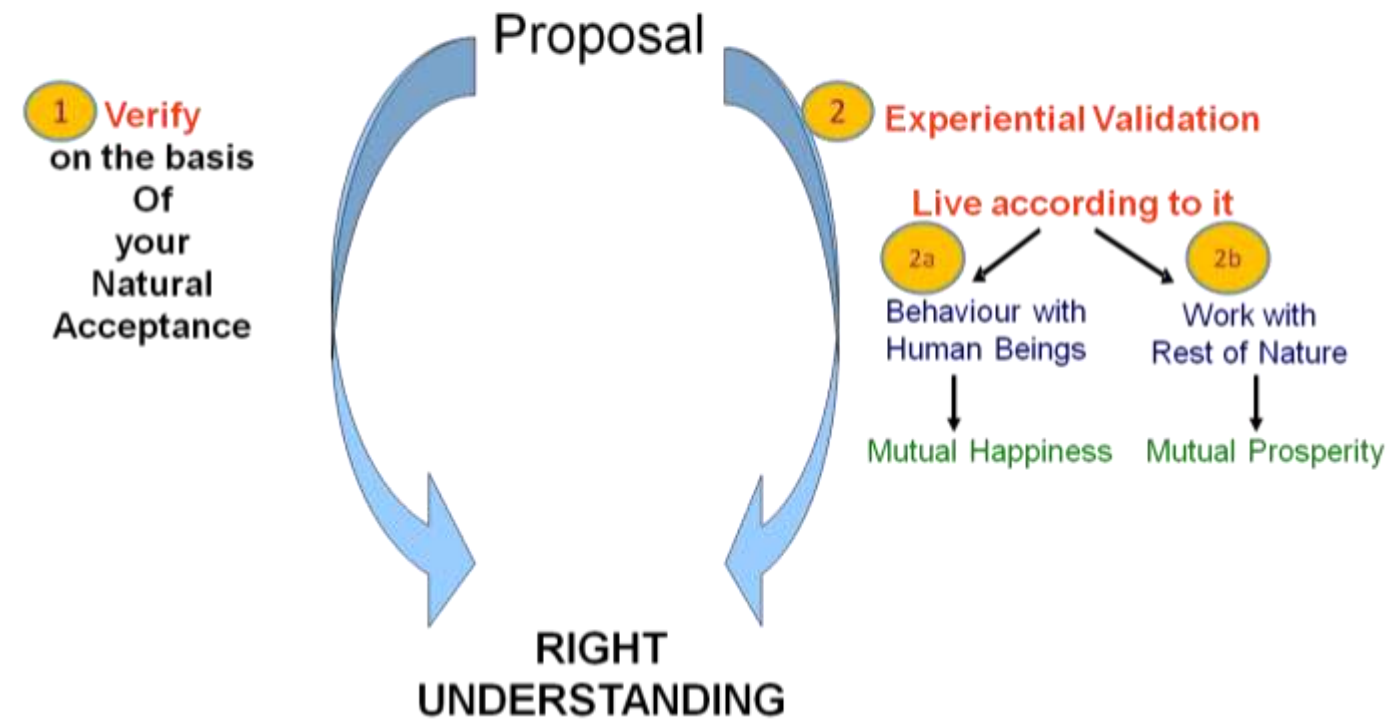
Sum Up- Self-exploration

Content of self-exploration = Basic human desire
= Happiness, prosperity → continuity

Process of self-exploration
= Self-investigation, self-verification

It is a process of
living in harmony within,
living in harmony with others...
and ultimately,
living in harmony with the entire existence

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



The Purpose of this workshop/course is to initiate/strengthen self-exploration in you



Key Points

Self-exploration as the Process for Value Education

Process

Whatever is said is a **Proposal** (**Do not assume it to be true or false**)
Verify it on Your Own Right – on the basis of our **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

between what you are and what you really want to be
(your natural acceptance)

The purpose of this workshop is to initiate/strengthen this internal dialogue

izLrko gS ¼ekuas ugha½

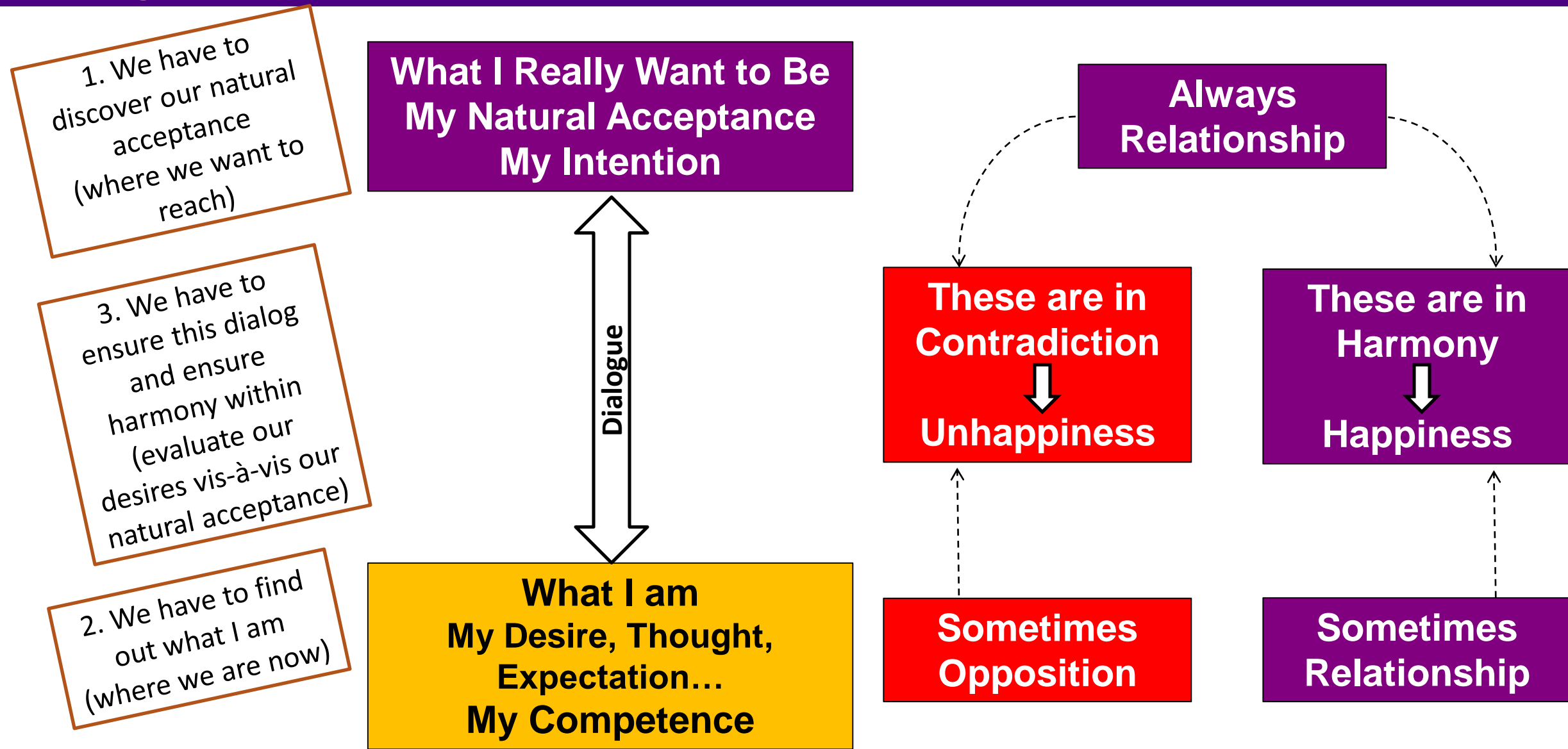
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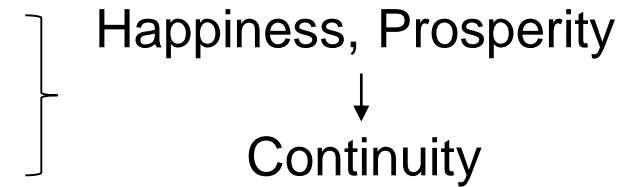
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The Dialogue Within



1. Content of Self Exploration:

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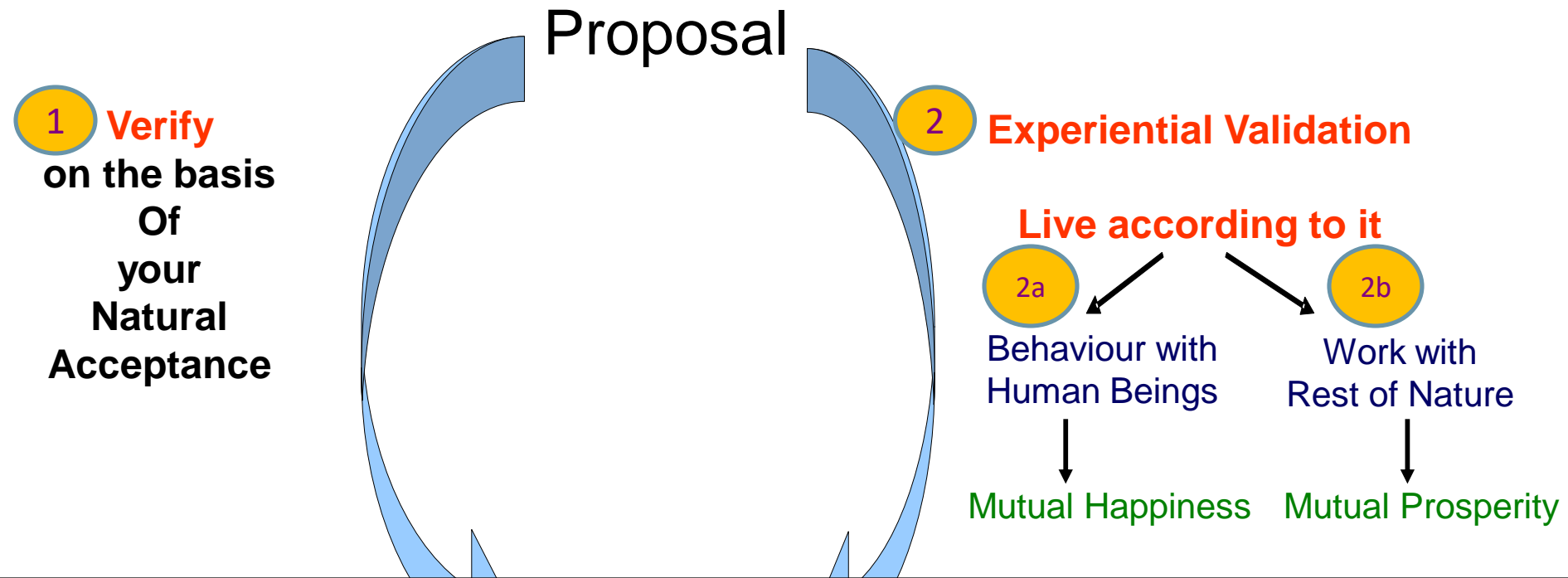
2. Process of Self Exploration

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

Process of Self-verification

Whatever is stated is a **Proposal** (**Do not assume it to be true/ false**)

Verify it on your own right



Which process is Naturally Acceptable to you?

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FAQs for Lecture 2

Self-exploration as the Process for Value Education

Question(s) 1: Natural Acceptance

Response

What is natural acceptance?

Natural acceptance is what I accept innately. For example, ask yourself: what is naturally acceptable, the feeling of relationship or opposition? Now see from where you get the answer.

How can we say that NA is invariant with time?

In the previous example, just find out if the response changes with time or remains the same. What would be your answer in your childhood, as an adult, as an old person?

How can everyone's Natural Acceptance be same?
e.g - One likes waking up early in the morning while the other likes to wake up late. Additionally, doesn't Natural Acceptance change with time and situation? e.g. - when I was a kid, I used to like playing with toys but now I like to visit places around the world.

We need to distinguish between natural acceptance and liking. Liking can vary from person to person, but not the natural acceptance. A person who wakes up late or early, both naturally accept to be healthy. Whether you like to play with toys or visit the world, you naturally accept to be happy.

Natural Acceptance Example

Namaste
With bowed
Head and
Bare feet

Namaste
with bare
feet

Feeling of relationship, respect...

Naturally acceptable

| | |
|--|---------------------------------------|
| innate, invariant, universal... uncorrupted by preconditioning... | Leads to harmony Happiness in Self |
|--|---------------------------------------|

Namaste
With bowed
Head and
Bare feet

Namaste
with bare
feet

| | |
|--------------------------------------|---------------------|
| Feeling of opposition, disrespect... | Disharmony in Self |
| Not naturally acceptable | Unhappiness in Self |

Expression
Creativity, Variation

Feeling
May be definite (if based on NA)
or indefinite (if based on assumption)

Can not check this part
with your natural acceptance

Can check only this part with your natural acceptance

Natural Acceptance Examples

| | | | | | |
|---|------|------|---|----------------------------------|---------------------|
| Rice from A specific Restaurant | Rice | Food | Nurturing the Body | Feeling of Self Regulation | Harmony in the Body |
| Rice from A specific Restaurant | Rice | Food | Tasty to Self (and not sure if nurturing) | ? | ? |
| When it comes to the details of how to fulfill this relationship, this role, we have to get the necessary details through observation, analysis or through some other source- human beings or written documents, these details may have varieties, different possibilities, Therefore, there is variety, different possibilities , when it comes to how this role can be fulfilled, e.g. details of how to ensure nurturing of the body | | | Natural Acceptance has to do with what is my relationship to the reality of concern. e.g. my body- do I want to nurture or harm my body. It has to do with my purpose, my role in different levels of human existence. This role, this purpose in relationship is definite. Hence, Natural Acceptance is definite, e.g. Natural acceptance for nurturing of the body | | |

Natural Acceptance Examples

| | | | | |
|------|-----------|------------|----------------------------------|---------------------|
| Exam | Self-empl | Live by it | Understand all that is taught... | Harmony in the Self |
|------|-----------|------------|----------------------------------|---------------------|

| | | | | |
|-----|------|----------|-------------------|---|
| Job | Exam | Cheating | Remember for exam | ? |
|-----|------|----------|-------------------|---|

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e.g. my body- do I want to nurture or harm my body.
It has to do with my purpose, my role in different levels of human existence.
This role, this purpose in relationship is definite.
Hence, Natural Acceptance is definite,
e.g. Natural acceptance for nurturing of the body

Question(s) 2: Natural Acceptance

Response

Is Natural Acceptance universal for all human being across people of all countries, religion, caste, creed, gender, age, rich-poor, etc.?

Yes. But you can keep it open and verify. We have interacted with thousands of people from all sorts of background, and found it to be the same for all.

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?

As mentioned earlier, we need to distinguish between natural acceptance and acceptance or liking or appeal etc. You will see that Natural Acceptance is

- Innate to me
 - Invariant with time and place i.e. Universal
- Liking or appeal has to do with details of how to fulfill relationship, which may have variety,

Is Natural Acceptance the same as inner conscience?

Yes. We may relate it to conscience, inner voice, pure observer...

Question(s) 3: Natural Acceptance

What is difference between natural acceptance, acceptance, and forced acceptance?

We have to follow social norms and live as per family traditions to be accepted in the society, or even in the family. This has been working for a long time. Do we need to verify these norms and traditions also?

Response

Natural acceptance is innate, invariant and universal.

Acceptance is what I assume to hold good in given situation.

Forced acceptance is what I do not accept, but in given situation, I am forced to compromise, abide by it.

Social norms and family traditions are basically the details worked out at some particular time and situation about how to fulfill the purpose, the goal set by the society.

Therefore, we need to verify, from time to time-

1. Whether the goals set are correct- through natural acceptance
2. Whether these norms and traditions are able to meet those goals in the present time and situation

Question(s) 4: Right Understanding

What is right understanding? How to know whether my understanding is right or wrong?

Is it same as natural acceptance?

Everyone is right according to his or her own understanding. Kindly comment.

There is nothing absolute in this world. So, how can we talk about such things with such absoluteness?

Response

If I understand rightly, it will be:

- a. Satisfying to me,
- b. Invariant with time and place
- c. Universal for all human beings
- d. Leading to harmony in my living, in behaviour with human beings, and work with the rest of nature
- e. I will naturally accept to continue with it.

One may assume oneself to be right. But we need to verify our assumptions on the basis of above criteria to see if it is part of (or based on) right understanding.

On a lighter note- is this statement absolute!.

As far as the purpose, goal is concerned, they are definite and universal. Details of their fulfillment may have variety, as mentioned above, e.g. Nurturing of the body

Differentiate between

Understanding something and thinking about it
(thought)

Feeling

(Definite, objective...)

Expression (thought, expectation, beh, wk)

(Variety, subjective...)

Question(s) 5: Self-exploration

Response

How is it possible to understand everything by the self and through the self? Just being aware of “what I am” and “what I really want to be” itself is so difficult.

As you gradually observe, you will see that the essence of the whole existence, the co-existence (relationship, harmony and co-existence), is reflected in me. And I can observe it.

Presently, being aware of “what I am” and “what I really want to be” may appear difficult. But as you go on exploring, the clarity that you get in the process (leading towards a harmonious self), becomes self-motivating for you.

Question(s) 6: Self-exploration

Response

What is the need for self-exploration? The existence is so vast and I am a tiny unit of this existence. Is it not unwise to also even think of exploring everything on my own right?

The existence is vast, but the content to explore is very simple. You need not verify about every incident taking place in this existence, rather only the essence of this existence- i.e. relationship, harmony and co-existence (material and consciousness units in space).

Secondly, unless you verify on your own right, how do you make to a program to live with it in a mutually fulfilling manner, be it the other human being or any other unit of nature?

What is wrong in assuming something written in the books as true? Why to verify everything?

What is written in the books is likely to be true. But how do I understand the true meaning of the words in the books unless I observe the reality indicated by myself? To be certain, I need to explore myself and understand. This is what any authentic book will expect us to do.

- In each and every Self, there is naturally
- the need to know (to understand the entire existential reality)
 - Potential to know (to explore, pay attention, see, understand) the essence

Question(s) 7: Self-exploration

Response

What if in my experiential validation, the proposal is ensuring happiness with one person but not with the other? How do I validate it?

You can see for yourself that your happiness is ensured the moment you have the natural feeling, e.g. feeling of respect; when you express this feeling and the other person receives this natural feeling of respect, he is in a state of harmony and happiness within. However, there may be some problem in your expression or in the reception of the other person, that has to be rectified, and that takes time.

What is meant by mutual prosperity with the rest of nature?

Mutual prosperity means that when I am interacting with the nature, I get the feeling of prosperity within me, and the nature gets enriched, preserved in the process.

Question(s) 8: Swatantrata

Isn't swatantrata (self-organised) and freedom the same? (please give examples of swatantrata at each level of being – individual, family, society and nature)

Response

Swatantrata is being self-organized. At every level, understanding and living in harmony is the self-organized state.

Generally speaking, freedom is to be able to make a selection without any external pressure.

Freedom may or may not be leading to a self-organized state as one may try to be free of external pressure but succumb to internal pressure, of sensations or pre-conditionings.

There are two kinds of freedom: freedom 'from' and freedom 'to'.

Many times when we talk of freedom, we are talking of 'freedom from' some external pressure.

When we have to decide the program with 'freedom to' do something, we need right understanding to make a definite program for happiness.