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UHV-Assignment 1

Aim : To understand Natural Acceptance by discussion on - “What do you mean by your natural acceptance? Illustrate with examples. Is it invariant with time and place?”

1. What is Natural Acceptance?

→ We can generalize natural acceptance as our natural response towards things. We can get to know more about the term natural acceptance by the process of self exploration. for eg. What do you want ? Happiness or sadness ? Do you wanna be healthy or unhealthy?

And we find out that everyone in the world despite their place, time, condition etc. will have the same answer for these questions. We can check this for each and every proposal and verify whether we truly feel a particular way or we are feeling something because of our preconditioning and societal standards.

And on that basis we should decide if we wanna accept certain things or reject them. This gives us clarity about our feelings and day to day decisions. We should pass our thoughts through natural acceptance before making any decision.

2. Why is it important?

→ Only the things that are naturally acceptable to us can keep us happy in the long run. If you do something just for the sake of doing then you are probably going to feel bored after some

point. Thus we can say natural acceptance plays an important role in our day to day lives.

3.How to achieve it?

→The most important thing about natural acceptance is that it is there in every human but you should be able to recognize it and this can only be achieved through self-exploration.

Every time you come across a situation you should ask yourself a few questions. This inculcates (RU) right understating in you which is a very important aspect of life.

Through self-exploration , natural acceptance can be achieved. Also it is important to consciously give thought to our emotions and way of thinking and finally discover that which is naturally acceptable to us