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**UHV ASSIGNMENT 1:**

Understanding Natural Acceptance in Human Beings

Since the dawn of mankind, humans have tended to fulfilment of their physical needs more and were less emotionally developed in our minds. But as humans evolved and civilisation progressed we developed more emotional needs along with physical ones. As we grew we manifested concepts of life and tried realizing our emotions like happiness and tried keeping ourselves in harmony with this fast changing world. With time humanity has tried to reach certain goals in our society - understand the goal of human life comprehensively, understand the other entities in nature, the innate inter-connectedness, the coexistence in the nature- existence and finally the role of human being in this nature/existence entirely.

Our happiness and harmony with self relies in the trait of natural acceptance in human beings.

Natural acceptance is a mechanism of self exploration. Self exploration is a method to explore ourselves. Natural acceptance is process to understand ourselves first. Natural acceptance means unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. 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 how others view us. Natural Acceptance is an innate thing and doesn’t change with time or place.

Now how do we use Natural Acceptance in self-exploration.

>First of all we take up a proposal

>Then we analysis and give an explanation for it. We do experimental validation.

>We form opinions based on perspective we have and try to think intuitively how do we lean on in this matter. We should not come under the influence of masses and society, or religion or culture. We should test whether we naturally accept this proposal. If it is true in behaviour it leads to mutual happiness and therefore to mutual prosperity

With this we can conclude that natural acceptance is an innate quality and necessary for development of harmony and happiness in our progressing society.