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**Assignment 1**

**Title : Practice session to discuss natural acceptance in human being.**

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

* **What do you mean by Natural Acceptance?**

**Ans: Natural acceptance is the feeling or the thought or any decision which is accepted by us anywhere, at anytime and will not change in any situation or condition. Natural acceptance is process to understand ourselves 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.**

* **Is it invariant with time and place?**

**Ans : Yes natural acceptance is invariant to tim , place or situation in which it is applied. And it must be invariant as it is the most naturally accepted thing which should be same in every condition.**

* **How you will achieve it?**

**Ans : By practicing self exploration I can achieve a state of mind whee my decisions will not be controlled or will not be taken according the condition and situation but on the basis of what is really acceptable.** 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.