

## UNIVERSAL HUMAN VALUES

## TUTORIAL - 1

PART 1

1a "what I am."

ANS What I am differs a lot depending on what social situation I am in and what kind of people I am surrounded by. I believe I show different kinds of personality when I am with different categories of people. If I am with my immediately family, I am carefree and believe that anything I do, won't ever change their opinion about me. If I am with my friends and distant family, I am a bit wary of what I say so as to not offend anyone and create a negative image of myself. The third personality is when I am alone and with my thoughts racing across my mind. This is truly what I am. I like driving and when I am driving alone on an empty stretch of road with just my thoughts for company, I become relaxed and carefree and that's what I am. I believe in keeping good relations with everyone I can and would sometimes act against my wishes for just that sole reason. That is who I am.

b "what is naturally acceptable"  
ANS Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. Once we fully and truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfilment.  
As I have stated above, I like to keep good relations with everyone and it is naturally acceptable to me though some people do not believe in the same. So what I am and what is naturally acceptable are in harmony.

c The dialogue between "what I am" and "what is naturally acceptable to me."  
ANS There are times when I don't act the way it is naturally acceptable to me but I believe it is human nature. For example it is naturally acceptable to respect everyone but as a person, I don't respect everyone as I believe respect is earned. This is human nature and there are times I feel guilty about it but I always try to push myself by asking myself if I am right and it is naturally acceptable to me. I also praise myself when I do something that is naturally acceptable to me as it brings me joy.



STATEMENT	MY PRESENT THINKING ABOUT THE STATEMENT	NATURALLY ACCEPTABLE
I want to be happy.	Yes, I want to be happy in life	Yes, like everyone, I want to be happy
I want to make others happy	Yes, you cannot make everyone happy.	No, I am a people pleaser and wish to make everyone happy
I want to be healthy.	I want to be fit and live a long and healthy life.	would I be able to do that
I want to live in relationship.	I do value relations that I have with the people I am surrounded by.	As humans are social creatures we all need people with whom we have a close relation.
Do I want to have more than others.	Life is a race, if you don't run fast you'll get trampled.	Rather than competing with others, I should become my own competitor.
I want to have more than what I really need.	I do wish to lead a luxurious life with a lot of stuff that I don't need.	we should be content with what we have and should not be greedy.
Feeling of respect in relationship	only if you have money, people respect you	Feeling of respect is naturally acceptable in relationship.
Respect elders	Respect is earned but I am ready to make the first move	Elders are respected because of their greater years of experiences.
Respect all	You give respect, you get respect	Everyone should be respected irrespective of their age, caste, creed, sex, religion, etc.

WHAT I AM	WHAT IS NATURALLY ACCEPTABLE TO ME	ARE THOSE TWO IN HARMONY OR CONTRADICTION	DO I FEEL COMFORTABLE OR UNCOMFORTABLE?	DIALOGUE
I make my parents happy.	I want to make my parents happy all the time	HARMONY	Comfortable	Are my parents really happy with me
But I get angry with them sometimes	Getting angry is not naturally acceptable to me. I really want to stay calm all the time.	CONTRADICTION	uncomfortable	I should try to control my anger.
I want to be healthy	I want to be fit and healthy	HARMONY	comfortable	will I be able to do that
I don't have good comm <sup>n</sup> skills	I want to have good communication skills	CONTRADICTION	uncomfortable	I will try to improve.
I am not always happy	I want to be always happy	CONTRADICTION	uncomfortable	I will try to be happy.



WHAT I AM	WHAT IS NATURALLY ACCEPTABLE TO ME	HARMONY OR CONTRADICTION	COMFORTABLE OR UNCOMFORTABLE	DIALOGUE
I want to be honest to my loved ones	I cannot always <del>be</del> share my thoughts and be honest	CONTRADICTION	UNCOMFORTABLE	will try to be more efficient to convey my thoughts & be honest
I am an introvert	I want to approach more people and socialize	CONTRADICTION	UNCOMFORTABLE	will try to approach new people & socialize
I am an engineer in making	I want to be a good engineer	HARMONY	COMFORTABLE	try to learn skills to achieve it.
I'm at home most of time	I want to go out with friends and family.	CONTRADICTION	UNCOMFORTABLE	waiting for a chance to go out with friends and family.
I live a normal life	I want to live a lavish life	CONTRADICTION	COMFORTABLE	building such lavish life.

06/03/21

1. Describe the term 'Natural Acceptance'. How do you make out if it is your natural acceptance or not? Describe the characteristics of natural acceptance. Explain with examples from your own life.

ANS

Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. Once we fully or truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment. Actually natural acceptance is a way to accept the good things naturally. Learn everything that is good from others, but bring it in, and in our own way absorb it; do not become others. We can easily verify proposals in the basis of characteristics of natural acceptance mentioned:-

- a) IT DOES NOT CHANGE WITH TIME: For e.g: My <sup>natural acceptance for</sup> trust in my parents does not change with age.
- b) IT DOES NOT DEPEND ON THE PLACE: Whatever we have accepted, in our life, at any time of our age, does not change, even if we move from one place to another.
- c) IT DOES NOT DEPEND ON OUR BELIEFS OR PAST CONDITIONING: No matter how deep our belief or past conditioning, as long as we ask ourselves the question sincerely, as long as we refer deep within ourselves, the answer will always be the same.
- d) THE NATURAL ACCEPTANCE IS 'CONSTANTLY THERE', SOMETHING WE CAN REFER TO: Whatever we do, this natural acceptance is within us, it is telling us what is right.



e] NATURAL ACCEPTANCE IS THE SAME FOR ALL OF US : It is part and parcel of every human being, it is part of humanness.

2] Distinguish between natural acceptance and acceptance with a few examples?

ANS Natural acceptance is a mechanism of self-exploration. Natural acceptance is the process to understand ourself 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 process to understand ourself first and to accept good things naturally.

For example, what is naturally acceptable to human beings - living in harmony with all or living in opposition with all; trust or mistrust in any relationship; accumulating more and more wealth while feeling deprived or having requisite wealth and feeling prosperous. Upon serious thinking, following Natural Acceptance theory, it would come out that the most basic aspiration of all human beings on earth is to live happily. And that can only be ensured through harmonious connectivity with other human beings and rest of nature. This conclusion can be reached upon only through self introspection on the basis of our natural acceptance.

The other type of acceptance is experiential validation which 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 focussed reflection of the individual helps to increase knowledge, develop skill and clarify values. Most of what we know about ourself is not only through our own opinion of our self but also because of how others view us.

For example: Our experiences with a trial and error method with our parents from childhood has taught us that they can be relied upon and can be looked for during any type of crisis.