**Title:** Natural Acceptance in Human Being

**(Source:** Wikipedia**)**

**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?”

**Q)** What is Natural Acceptance?

**Ans-** Natural acceptance is process to understand ourselves first. Natural acceptance implies unconditional and total acceptance of the self, people and environment. Each one of us have our own lifestyle, beliefs, preconditioning, etc. But deep inside our minds, the purpose of all human desires, success and achievements are based on common goals like the need to be happy, need to be respected and cared for, etc.

**Q**) Why is natural acceptance important?

**Ans-**

1) It helps to understand the goals and desires which we want and have to achieve.

2) One reason why natural acceptance can be so important is that it is very hard to do anything constructive about something when we don’t accept it. A degree of acceptance can be an important requirement for real engagement and for change to happen.

3) A second reason why acceptance is the change that’s needed is so that we can begin to make peace with something that has happened that is painful and difficult to bear, something that is a real loss for us.

**Q)** What is Happiness?

**Ans-** It is a feeling where individual feels good and stays positive where everything going in his life is the way he planned. Sometimes there are small instances where we get to laugh and enjoy with our family, friends, relatives that is also a way to express happiness.

Q) How I am going to achieve happiness?

**Ans-**

1) The way to achieve happiness for me is to follow my ambitions and side by side also to spend time with my family and friends.

2) Also, to create some short term and long-term goals by completing which I will get satisfaction which is a way to express happiness.

3) By living a healthy life where I would do regular exercise and maintain my body with having proper diet.

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