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# Assignment 1

**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?”

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. Once we fully and truly commit ourself on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment. Actually natural acceptance is way to accept the good things naturally.

a) **Natural acceptance does not change with time.** It remains invariant with time. For example our natural acceptance for trust and respect 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 one.