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Assignment – 1

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

What is Natural Acceptance ?

- ⇒ Natural acceptance is the way we accept or response the thing and answer the questions about our needs and desires means it is the process we can understand ourselves first.
- ⇒ Actually Natural Acceptance is way to accept the good things naturally.
- ⇒ Natural acceptance has to do with something fundamental, something related to our purpose, something related to our basic desires
- ⇒ For example if somebody ask What you want Happiness or Unhappiness ? So instantly we answer this question as Happiness.
- ⇒ By above example we know that all will give the same answer regardless their place , time , situations , etc.
- ⇒ Once we fully and truly commit ourselves to natural acceptance, we feel a holistic sense of inner harmony, tranquillity and fulfilment.
- ⇒ This Natural Acceptance is constantly there , something we can refer to. Natural Acceptance always there. Whatever we do, this natural acceptance is within us, it is telling us what is right.

Why is it ?

- ⇒ Natural Acceptance can keep us happy as it is what we want .
- ⇒ If you are going to do anything rather than your natural acceptance it will make you feel bored .
- ⇒ That's why it is important to do the things that you accept naturally.
- ⇒ Natural acceptance plays important role in our day to day life.

How to achieve it?

- ⇒ Through Self-exploration we can achieve Natural Acceptance.
- ⇒ By knowing our own good and bad we can achieve our Natural Acceptance.
- ⇒ Consciousness towards our desire also helps to achieve the Natural acceptance.
- ⇒ And by giving thought to our own emotions and the way we think and identifying ourselves we can discover our Natural acceptance.

