

# SELF EXPLORATION

UNIVERSAL HUMAN VALUES 2



# INTRODUCTION

- In this PBL we are going to understand the term “SELF EXPLORATION” and what does it actually signifies with the help of an story.
- We will define the topic , find its purpose and need , get to know its mechanism and process of implementation in one’s life .
- Different people can have different opinions over this topic , but we will discuss some universal points applicable in general.



## Story of Mathew...

This is a story of a man who was struggling in his mid 20's to achieve his dreams.

Mathew had just completed his post graduation and was doing internship for the sake of experience. He always had a dream to be an entrepreneur and establish his own company, he had great ideas and entrepreneurship skills. Within few months he would complete his internship and would be open to market. So initially he thought of a start-up with an excellent business model but lack of resources and finances forced him to work for another company and he had no option left.

A year passed and suddenly the company collapsed, became bankrupt and was unable to sustain in the market. Mathew now lost his job and was just not knowing what to do ahead. He applied for many other companies but his ordinary grades and not so good job experience couldn't seek any job for him. He spent 1.5 years sitting at home and constantly got rejected.

One day Mathew's father brought an offer for him which was of a 'Teacher in City Highschool', he couldn't get that how will he work as a teacher and teach to the Highschool students. He thought of denying this offer but then he looked at his retired father and his family. He had his responsibilities and some roles to be fulfilled. Mathew accepted the offer and began his journey as a teacher, this field was completely new to him. It was very difficult for him to understand the work patterns and handle those students, but he continued.

Back of the mind still he had that young dream of entrepreneurship which never allowed him to live happily. Slowly he got frustrated and was unable to cope up with his role as an teacher. His unhappiness would reflect in his teaching , he could not tolerate students and busted on them many times. Students now started mocking Mathew and some of them even complained about him to the management , things got worse.

Time passed and one fine day , Mathew came across an article of 'SELF EXPLORATION' and his life changed greatly.

**LIFE IS AN ENDLESS  
PROCESS OF SELF-  
DISCOVERY.**

# What is Self – Exploration ...?

- It is the process of investigating within ourselves and finding out **what is right and valuable** to us.
- Since it is **me** who feels happy or unhappy , successful or unsuccessful , good or bad ... so its right for me to be judged by myself only.
- It is a process of identifying our innateness and moving towards **Self - Organisation** and **Self – Expression** .
- According to Merriam-Webster :  
**“The examination and analysis of one’s own unrealised spiritual or intellectual capacities.”**

Self exploration is just finding answers to the following fundamental questions for all human beings:



1. Who am I ?
2. What is the ultimate goal of human life ?
3. What do I really want and what are my desires/ goals ?
4. What is my program for fulfilling those desires ?  
How to fulfil them ?



# PURPOSE OF SELF-EXPLORATION

- To conduct dialogue between “what you are” & “what you really want to be”.
- To initiate the process of self evolution through self investigation.
- To recognize relationship with every unit around you and through that understand the entire existence.
- To know human conduct , human character and live accordingly in harmony with oneself and with entire existence.
- To know our innateness & move towards self organisation(आत्म संगठन) and self expression(आत्म अभिव्यक्ति).

# PROCESS OF SELF-EXPLORATION

Being the keen observer.

Focusing on solutions rather problems.  
Chasing strong emotions.

Identifying core values & beliefs.  
Knowing line of demarcation and responsibility.





## MECHANISM OF SELF EXPLORATION

NATURAL  
ACCEPTANCE

EXPERIMENTAL  
VALIDATION

# NATURAL ACCEPTANCE

- First of all we see whether this proposal is unconditionally and willingly acceptable .
- It should not change over time or depend on the place.
- Once we fully and truly commit ourselves on the basis of natural acceptance we feel a holistic sense of inner harmony , tranquillity and fulfilment.

# EXPERIMENTAL VALIDATION

- To start living with the naturally accepted proposal and directly experience it , measuring the outcomes on two parameters :
  1. **Behaviour with other human beings.**
  2. **Work with nature.**
- If behaviour with other people gives us mutual fulfilment & mutual happiness then the proposal is **right**.
- If while working with nature it gives a sense of mutual prosperity then the proposal is **right**.
- This may be regarded as an methodology in which direct experience and focused reflection of the individual helps to verify our path of self exploration.

After reading the complete article he decided to self explore himself and implemented the things he learned in that. Mathew followed the steps of self exploration and went through the complete process. **He realised that his desire was not just to earn money and live happily but was to grow as an entrepreneur which would give him real happiness. He could naturally accept now that he need to chase his dreams for mutual happiness and mutual fulfilment. Mathew now fixed his goal and designed a pathway for it where he took care of his current responsibilities and society .**

He completed his term of teaching and quit the job. Mathew now knew how to move ahead and started working on his plans , his innovative mind and entrepreneur skills helped him a lot to initiate his business named “Baked Love” .This time he had finances gathered through savings and some enthusiastic investors too. Yes this was something which he wanted and dreamed of , possibly only because of proper self exploration ,hard work and right understanding.

His business grew with greater pace and made corers of turnover every year. His story was inspiration for many youngsters who were confused about their life and never self-explored themselves. So endingly I would say that, **START FROM WHERE YOU ARE.**

**“Knowing yourself is the beginning of all wisdom”** - Aristotle



# THANK YOU...!!

Hope so everyone will self explore himself/herself and happily grow as a better human being.

