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Assignment No.1

**Aim:** “What do you mean by your natural acceptance? Illustrate with examples. Is it invariant with time and place?”

**Ans.**

Natural acceptance is a mechanism of self exploration. Self exploration is a method to explore our self. Natural acceptance is process to understand ourselves first.it is way to accept the good things easily/naturally. Natural acceptance implies unconditional and total acceptance of the self, people and environment also refers to the absence of any exception from others. Once we fully and truly commit ourselves to natural acceptance, we feel a holistic sense of inner harmony, and fulfilment. It is a way to bring out the goodness in everything naturally. It helps us to learn everything that is good from others.

• It does not change with time/age

• It doesn’t depend on place

• It does not depend on our beliefs or past conditioning

• It is always there within us

• It is the same for all of us.

For example

1) If anyone ask that you need healthiness or unhealthiness we instantly say that I need healthiness. Respect or disrespect we say respect.

2)Our natural acceptance for trust and respect does not change with age. 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. It does not depend on our beliefs or past conditionings.

**Is it invariant with time and place?**

Natural acceptance does not change with time. It remains invariant with time