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Assignment 1

Title: Practice session to discuss natural acceptance in human beings. (Unit 1)

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

To Submit: Soft copy of essay based on understanding on Natural Acceptance in human beings.

Natural Acceptance in Human Beings

Natural acceptance is a mechanism of self-exploration. Self-exploration is the process to find out what is valuable to us by investigating within oneself, what is right for you, true for you, has to be judged within oneself. The process of self-exploration leads to realization and understanding. Natural acceptance is the 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 a way to accept the good things naturally. Learn everything that is good from others, but bring it in, and in our own way absorb it; do not become others.

For example, if we ask ourselves a question like, Do I want to be happy? The answer is a very quick yes! How did you get this answer? Of course, through your natural acceptance. This may seem very simple to begin with, but this becomes a very powerful way for us to know what is ultimately right!

Once we fully and truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility, and fulfilment.

Natural acceptance is not invariant with time and place. We can easily verify proposals on the basis of characteristics of natural acceptance mentioned below:

- 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.

c. It does not depend on our beliefs or past conditions. No matter how deep our belief or past conditioning is, as long as we ask ourselves the question sincerely, as long as we refer deep within ourselves, the answer will always be the same.

d. This natural acceptance is 'constantly there', something we can refer to. Natural acceptance is always there. Whatever we do, this natural acceptance is within us, it is telling us what is right.

e. Natural acceptance is the same for all of us: it is part and parcel of every human being, it is part of humanness. Though each one of us may have different likes and dislikes and means to live and to react etc. if we go deep in our minds the purpose of our work, behavior, efforts, etc. are based on common goals like the need to be happy, need to be respected, need to get prosperity. So our basic acceptance remains the same.