- ❖ **INTRODUCTION TO VALUE EDUCATION**
- Understanding Value Education
- Understanding Human Values
- Self-exploration as the Process for Value Education
- The Basic Human Aspirations – Continuous Happiness and Prosperity
- The Program to Fulfil Basic Human Aspirations
- ❖ **UNDERSTANDING THE HARMONY AT VARIOUS LEVELS**
- Understanding the Human Being as Co-existence of Self ('I') and Body
- Harmony in the Self (I) – Understanding Myself
- Harmony with the Body – Understanding Sanyama and Svãsthya
- Harmony in the Family – Understanding Values in Human Relationships
- Harmony in the Society – From Family Order to World Family Order
- Harmony in Nature – Understanding the Interconnectedness and Mutual Fulfilment
- Harmony in Existence – Understanding Existence as Co-existence

MEANING OF HUMAN VALUES:

"*Human values can be defined as the belief, principles, followings, set standard that individuals follow as their guidelines in daily activities.*" These human values are an important part of human nature. Without these values human beings are like flowers without

fragrance. Professional ethics are mainly built on the basis of these principle human values.

From the societal point of view, these values are a set of behavioural practices that individuals choose to practice in the light of maintaining interpersonal relationships. In the present era, human values play a pivotal role in maintaining peace and protecting society. Establishing human values into practical form contributes towards maintaining morality within the society. By correlating human values with personal relations, human beings can live in harmony with others.

NATURE OF HUMAN VALUES

I. Human values are universal:

Human values are universal in nature. These values are mutually shared by all human beings, no matter to which religion, caste, creed, culture, nationality or history they belong to.

Some of the eminent human values can be grouped as follows:

● Imbibe civility in nature. Giving respect to others.

● Having honesty in behavior.

● Developing a habit of sharing among individuals.

● Develop loyalty, solidarity and fairness in behavior.

● Establish a feeling of brotherhood, friendship, empathy, love and compassion for others.

● Inculcating openness, listening, welcoming, acceptance, recognition and appreciation in nature.

II. Human values and culture:

Human values are specifically concerned with culture. Each persisting culture has its own value system, ethics and ethos. In countries like India and Japan, the value system occupies the centre stage in all activities, including those in business enterprises. Behaviors that exert a positive relation with other human beings are rewarded and having empathetic behavior for others are highly valued. On the other hand, behaviors which are anti-social are always condemned and punished by society. Therefore, culture promotes cultivating positive values in human beings.

III. Implantation of Human values:

The initial process of implanting human values begins with the childhood of human beings. These values are passed on by parents to their child and are further implanted throughout the child's upbringing. As the child grows through its life phases, they learn more about these values from their friends groups, teachers, elders, leaders and society. The values

CONCEPT OF HUMAN VALUES

which are learnt include honesty, discipline, love, peace, justice, trust, civility, loyalty, appreciation and openness for the environment. In addition to this, subordination of individual interest before the larger interest is more desirable human values. People who hold outstanding human values are usually regarded as well as admired. It is generally visible in society for the individuals who are encouraged in professions like teachers, doctors, lawyers which are viewed as persons holding high moral and ethical code of conduct for them profession. These kinds of noble human values are highly encouraged in society and on the other hand negative values are discouraged.

IV. Human values encourage peace:

If there is peace in the environment it encourages prosperity and this is attained by inculcating finer human values. It is by implanting such finer human values; people can better appreciate and give respect for the peaceful relationship among individuals. By putting human values into practice, it ultimately leads to bringing prosperity. Thus, these values can prove to be an encouraging factor for peace. Also, by putting these values into human relationships, it will surely enhance better mutual understanding among individuals.

V. Human values encourage individual growth:

From the point of view of encouraging individual growth, human values are of great importance. The basic thing is to focus on self personality development. Complete knowledge regarding oneself is the first and foremost thing that needs

to be taken care of. Today, there are many situations, where many people rely on others to follow their ideas to be successful, which is completely fair because for the simple reason that we all have role models which influence our thinking. But still there exists a thin line discrepancy between individuals' perspective of doing things. Human values which follow the basic features of Indian education focus on growth and advancement of individuals. The Indian education system, which is the oldest system in the world, has such qualities that do not exist anywhere in the world.

1.Value Education:

Value Education is a process of educating/instructing morals, ethics, and humane values in Individuals through structured and planned learning. The basic guidelines include: creating supportive learning environment, integrating values into daily activities, using role-models and real-life examples, and promoting reflection and self-awareness.

- Focuses on what is universally valuable to all of us/Human Being is called Value education.
- Promotes individual and collective happiness sustainably.
- Crucial for harmonious living and professional success and with rest of nature at large. (Harmony within ourselves, with other human beings and with rest of nature).

❖ **Need For Value Education:**

All of us consider something or the other to be valuable. We set our goals, our aims on this basis, and then set out to work towards achieving them. While the need for determining what is valuable to us may seem evident, let us investigate

into this a little more to understand the need for value education. Let us look at the following aspects to appreciate the need for value education.

1.Correct identification of our aspirations: All human beings have aspirations. You may aspire to become a doctor or engineer or a lawyer, or a film star or something else. You must have made various plans for your future, be it immediate or long term. The planning may include your personal life, your family, your profession, your participation in the society and other such domains. But before you invest your energies to actualize your plans, it is important that you find out what you basically aspire for. Thus, you need to identify your basic aspiration. Based on the correct identification of this basic aspiration, you can frame your goals and sub-goals appropriately and working for these, you may hope to fulfil your basic aspiration.

2 *Understanding universal human values to fulfil our aspirations in continuity*: Just identifying one's aspiration is not enough. We need to know how to fulfil our aspirations, how to go about actualizing our goals. Generally, we tend to pursue our goals in variety of ways as per our appraisal and beliefs. We keep on making experiments, learning from these and accordingly improving our understanding.

This is how human beings have been moving on, right from the primitive 'Stone age' to the present-day world of modern science and technology. Complete understanding of human values gives us a definite way to fulfil our aspirations. Basically, all of us are aspiring to be happy and whatever appears conducive to our happiness becomes valuable to us. Values form the basis for all our thoughts, behaviour and actions. Once we have known what is valuable to us, these values become the basis, the anchor for our actions. We know what we are doing is right and will lead to the fulfilment of our basic aspirations. Values thus become the source for our happiness, our success, our fulfilment. Without an appropriate value framework, we will not be able to decide whether a chosen action is

desirable or undesirable, right or wrong. Hence there is a prime need for correct understanding of the value domain.- Value Education is the input necessary to fulfil this need. When we live with the correct understanding of values, we are happy in continuity, otherwise we feel deprived, frustrated and unhappy. What are the values that you hold worthy in your life? Have you verified them to be conducive to your happiness? It is important to explore the value domain in sufficient detail through value education. We also need to understand the universality of various human values, because only then we can have a definite and common program for value education. Then only we can be assured of a happy and harmonious human society.

3 *Complementarity of values and skills:* In the endeavour to fulfil our aspirations, two

things are essential:

(a) First and foremost, one has to know what really is conducive to human happiness

- i.e. happiness for one and for all, and happiness at all times. This is what becomes universally valuable to human beings. This is the 'value' domain, the domain of wisdom. This helps us to identify and set the right goals and to proceed in the right direction.

(b) Secondly, it becomes essential to learn methods and practices to actualize this goal, to develop the techniques to make this happen in real life, in various dimensions of human endeavour. This is the domain of 'skills.

Thus values and skills have to go hand in hand. There is an essential complementarity between values and skills for the success of any human endeavour. For example, I want to lead a healthy life. I understand that health is the basic requirement for a human being. I then learn skills to judge what food will keep my body healthy, what physical practices will keep the body functioning properly, what would be the possible ways to do certain kinds of work

with the body. All these falls under the domain of skills. Thus, both (values and skills) are important and these are complementary. Only wishing for good health will not help me keep my body fit and healthy and without having understood the meaning of health, I will not be able to choose things correctly to keep my body fit and healthy.

4. *Evaluation of our beliefs*: In absence of a correct understanding of universal human values, we are driven by our 'ad-hoc' values and beliefs. If we look deep into ourselves, we find that each one of us believes in certain things and we base our 'values' on these beliefs, be they false or true which may or may not be true in reality. For example, someone may believe that "A corporate job is the best kind of job", "IIT is the best college to go to", "Metro cities are the best places to live in" and so on. We can also have beliefs such as "I want to become a famous person. Being a world-famous person will make me happy", "Money will make me happy", "Success is the ultimate thing, by hook or by crook", "If I study longer, I will have better grades" etc. All of us live with such beliefs. These beliefs come to us from what we read, see, hear, what our parents tell us, our friends talk about, what the magazines talk of, what we see on the TV etc. i.e. there is a whole body of belief-system that we live with at any given time and these together constitute our worldview. These beliefs spread out far and wide into all our realms of living. The interesting thing about beliefs is that they usually change with time and we can trace examples of these by looking at our life in the past. We might have thought at one point of time that getting into a good college is the most important thing and now that may have changed to being able to get a good job. Once we get into a good job, doing well in that job and earning a lot of money may be important. Once we have the money, getting into a good position may become important – i.e. what we believe is to be important, may keep changing with time. Many times, we may even find ourselves trapped in conflicting beliefs. Another thing about beliefs is that they are usually not the same for everybody. Beliefs could be held by a small group or a large group of people but they are not

universal. For example: getting good grades may be important to you, but being able to earn money may be important for your friends. You may think being environmentally - friendly is important, your friend may think that it is okay to pollute the environment. This is not only true for ourselves, but largely true for most people around us: the beliefs keep changing from person to person. What I may believe to be of 'value' to me may not be of 'value' to your belief-system so when we interact, it may lead to conflicts and unhappiness. We face this problem today because the conditioned beliefs and values we hold today are usually contradictory, conflicting and unstable and not based upon the right understanding of values we are not very sure of their correctness. Living our lives based only on beliefs can not ensure happiness for us. This is very important for us to understand. Do we want to live with such shaky beliefs? Or do we want to know things for sure, for ourselves? We can either blindly follow our beliefs and *assumed* values, towards making our choices or we can base our choices upon values which are based on understanding of reality and we can ourselves validate them as well. What would you prefer?

5. ***Technology and Human Values***: Technology is only a *means* to achieve what is considered "'valuable'" for a human being in an effective and efficient manner. It is not within the scope of technology to decide what is valuable. This decision lies outside its scope. It thus becomes primarily important to know correctly what is 'valuable'. Without this decision, technology can be aimless, directionless and can therefore be put to any use, either constructive or destructive. It is thus with the understanding of values that we can decide on the appropriateness of technology and its application. Both the structure and use of technology is are decided by values. *For example*: if we value the relationship with the environment, we will work to create environment-friendly technologies (the structure of technology) and also put it to right use (use of technology), say, for the enrichment of environment, replenishment of natural resources etc. Conversely, if the relationship with the environment is something we do not

value, things could be the other way round. As students of technology and management, we will be studying, creating, implementing and managing technologies which will affect the lives of a large number of people. Getting trained on technology without deciding what is valuable, could even prove counter-productive as our technical skills are likely to be misused. Therefore, it is essential that we understand how technology relates to us as individuals and to human society and nature at large before we attempt to put it into practice. Thus, there is a need to supplement technical education with value education. This will enable a human being to decide and pursue what is really 'valuable' i.e. conducive to human happiness, human welfare, what is of 'value' to him.

To conclude, Value Education enables us to understand our needs and visualize our goals correctly, and also indicate the direction for their fulfilment. It also helps remove our confusions and contradictions and enables us to rightly utilize the technological innovations. Value Education is a crucial missing link in the present education system which must be adequately replenished. It must be remembered that to become an excellent professional, the excellence of values along with the excellence of requisite professional skills is required.

❖ Basic Guidelines for Value Education

Given below are broad guidelines to decide on what would qualify as an appropriate input in value education:

- **Universal**

Whatever we study as value education has to be universally applicable to all human beings and be true at all times and all places. In addition, it need not restrict itself to a certain sect, creed, gender or nationality etc. So, it has to deal with universal human values.

- **Rational**

It has to be amenable to reasoning and not based on dogmas or blind beliefs. It cannot be

a set of sermons or Do's and Don'ts.

- **Natural and Verifiable**

We want to study something that is natural to us. Being natural means, it is acceptable in a natural manner to all human beings. When we live on the basis of such values that are natural to us, it leads to fulfilment, leads to our happiness and also is conducive to other people we interact with, as well as with nature. We also would like to verify these values ourselves, i.e. we don't want to assume something just because it is being stated here or written in a book, rather, each one of us will want to verify these to find out whether they are true for us. This has to be done by both checking for validity within ourselves, as being naturally acceptable as well as something which we can implement in our living and observe its outcome to be fulfilling.

- **All Encompassing**

Value education is not merely an academic exercise. It is aimed at transforming our consciousness and living. Hence, it has to permeate into all dimensions of our living, namely, thought, behaviour, work and understanding/realization; as well as all levels, namely, individual, family, society and nature.

- **Leading to Harmony**

Finally, value education has to enable us to be in harmony within and in harmony with others. Hence, when we live on the basis of these values, we start understanding that it will lead to harmony in us, and harmony in our interactions with other humans and the rest of nature.

- ❖ **The Content of Value Education**

- To understand myself, my aspirations, my happiness
- To understand the goal of human life
- To understand the other things in nature, their inter- connectedness and co-existence and role of human being in nature
- To understand harmony at the levels of human living (individual, Family, society& Nature).

❖ **The Process of Value Education**

➢ **Self-Exploration**: Verify concepts personally. Proposal should acceptable naturally. Not just imposed externally.

➢ **Dialogue**: Interactive discussions/(verification) leading to internal dialogue. (With teacher and students and with Students himself/herself.)

➢ **Transformation**: Change in understanding and in our consciousness/improve awareness and our living.

This process of self-verification needs to be applied to all the proposals. In this way, we will proceed forward, one proposal at a time. Life is a laboratory and we will work on the proposals and verify their truthfulness in ourselves and in our living.

❖ **Summary**

➢ Value education facilitates self-exploration and authentic understanding of self and goal.

➢ Focuses on proposals for students to verify in their own lives.

➢ It changes the thinking of Students, in terms of their vision about Happiness and Prosperity, the clarity about life-goals, improvement in human relationships, Self-confidence, commitment to learning, feeling more responsible towards the profession etc.,

❖ Classification of Values:

1. Individual Values:

Development of Personality. It protects Honesty, loyalty, and honor.

2. Collective Values:

concerned with the society at large. Values connected with the norms of equality, justice, solidarity, and sociability are known as collective values.

3. Intrinsic/Fundamental Values:

fundamental values to life and are directly related to the core goal of life. In the hierarchy of human values, these values stand at the highest place and are superior to all other values of life. These values help to determine the intensity of human rights and duties.

4. **Instrumental/ Influential Values**:

facilitate to achieve an individual's intrinsic/fundamental values can be classified as instrumental values. These values come after the intrinsic values and are more focused on personality behaviors and character which help to achieve the goals of life. This includes honesty, sincerity, ambition, courage, competitiveness, ambition, independence and also some negative behaviors as well.

5**. Terminal Values**:

The end goals that an individual desires to achieve in his life are known as terminal values. This includes values like happiness, self-respect, social security, harmony, personal excellence etc. These values are the most desirable one in one's life and individuals work towards them to achieve in their life.

6. Dominant Values:

Values that are on priority in one's own agenda can be identified as dominant values. These are the stronger and are more present in a person than other values. In every human being, there are different sort of values which are present, but all

values are not present to the same level or to the same extent. The values which a person possesses to the highest level can be considered as dominant value.

7. **<u>Personal Values</u>:**

➤ Being deeply connected with a person is known as personal values.

➤ Personal values are considered as an essential principle on which we build our life and relate with other people.

➤ One can consider these values as a mixture of family as well as socio-cultural environment values together with one's individual experience

➤ These values can be considered as the basic principles and guidelines for human behavior in the family as well as in the society.

8. **<u>Socio-Cultural Values</u>:**

➤ The very foundation of our society is based upon some sort of socio-cultural values and hence it survives on these accepted values only.

➤ These can also be categorized as fundamental values in our society, which often change with time or on the other way coincide or not with our family or personal values.

➤ society collectively represents a complex mixture of several values and sometimes it contradicts with one another.

➤ For example, if work is not valued socially as a means of personal fulfillment, then the society is indirectly fostering anti-values like dishonesty, irresponsibility, and crime.

9. **<u>Material Values</u>:**

➤ Material values call for the needs of human beings regarding things required for human survival and existence.

➤ These values allow us to survive and are related to our basic subsistence needs as a human being such as food, clothing and protection from the environment.

➢ These can also be categorized as fundamental needs, part of complex web that is created between personal, family, and socio-cultural values.

10. Spiritual Values:

➢ Spiritual values are connected purely to the non-material aspects in our lives, that is, these are concerned with spiritual hunger and growth.

➢ They are a part of inner human needs and allow us to observe the minimum level of value system expected in our society.

11. Moral Values:

➢ These values constitute attitudes and behavior that society considers essential for co-existence, order, and general well-being.

12. Theoretical Values:

➢ This kind of value typically focuses on adopting a critical and rational approach to any problem.

➢ These are related to the basic system of truth and rational conduct of individuals.

13. Aesthetic Values:

➢ Softer values of goodness are termed as aesthetic values.

➢ All these come from grace, dignity, and harmony and emphasize the artistic aspect of one's life.

14. Economic Values:

➢ Basic foundational ethical conducts in the field of economics or commerce are called economic values.

➢ These are utility and practicality which emphasize more on standard of living.

15. Social Values:

➢ Values that are generated as well as minimally expected by society can be classified as social values.

➢ These include acceptability, cooperation, and love for human beings.

16. Human Value:

> Values that basically targets and promotes human growth and development are known as human values e.g. simplicity, forgiveness, charity, transparency, humbleness, gratitude etc.

17. **Dis-Value:**

> Values which demoralize and undermine the human growth and development can be termed as dis-value.

> This includes jealousy, bitterness, selfishness, anger, revenge, etc.

2. Hierarchy of values: definition

> A value hierarchy is a system or structure in which a person organizes and prioritizes his or her personal values at multiple levels, according to their importance and relevance.

> Values are principles or beliefs that guide an individual's behavior and decisions, and reflect what a person considers meaningful and fundamental in life.

> A hierarchy of values helps a person understand their motivations, make decisions consistent with their beliefs, and live a more authentic and satisfying life.

❖ **The importance of a hierarchy of values**

A hierarchy of values is fundamental in the personal and emotional development of an individual. It defines what is important to a person, what gives meaning to their life and guide them in making decisions. By being clear about their values and ranking them, a person can align/arrange their actions with their beliefs, which provides internal consistency and authenticity/validity in their way of living.

❖ Benefits of having a hierarchy of values

1. Clarity and direction:

A hierarchy of values provides clarity about what is truly important to oneself. It helps establish goals and priorities based on those values, allowing you to direct your life toward a meaningful and coherent/clear purpose.

2. Decision Making:

When faced with difficult decisions or complicated situations, having a clear hierarchy of values serves as a guide. It allows each option to be evaluated based on whether it is in line with the most important values, facilitating ethical and consistent decision-making.

3. Authenticity and consistency:

Living in accordance with our values helps us to be authentic and consistent in our actions. It allows us to act honestly and true to ourselves, which strengthens our confidence and self-esteem/worth.

4. Emotional well-being:

By living in coherence/consistency with our values, we experience a greater sense of inner peace and emotional well-being. We feel more satisfied with our choices and actions, which contributes to a fuller and more satisfying life.

❖ How to create a hierarchy of values

Creating a hierarchy of values requires self-knowledge, reflection and honesty with oneself. It is a personal process that involves identifying and evaluating the values that are most relevant and meaningful to each individual.

1. Identify your core/Fundamental values

The first step is to reflect on your deepest beliefs and principles. What is really important to you in life? What values guide your decisions and actions? It may

be helpful to make a list of possible values and then review which ones resonate most with you on a personal level.

2. Prioritize your values

Once you have identified your core values, it is important to assign them an order of importance. Think about which values define you the most and are essential to you. What values guide you in making important decisions? This will help you establish a clear and coherent hierarchy.

3. Reflect on your past choices

Reviewing your past choices and how they have been associated with your values can give you clues about which values are most relevant to you. What decisions have made you feel more authentic and satisfied with yourself? When have you experienced internal conflict due to a lack of arrangement with your values?

4. Integrate your values into your daily life

Once you have identified and prioritized your values, it is crucial to integrate them into your daily life. Reflect on how you can live by these values in your daily actions. What changes can you make to ensure that you are honoring your values in your daily behavior and decisions?

5. Review and adjust your hierarchy of values

The process of creating a hierarchy of values is dynamic (Self-motivated) and evolutionary. It is important to periodically review your values, as they can change over time as you grow and experience new situations. Stay open to adjusting your hierarchy of values according to your personal learnings and evolutions.

- **Conclusion**

A hierarchy of values is a powerful tool to **guide us in making decisions**, **living authentically** and **achieve greater satisfaction in life.** By identifying and prioritizing our core values, **we can guide our actions** toward a meaningful purpose consistent with our essence. Through reflection and self-knowledge, each

individual can create their own unique and personal hierarchy of values, which serves as a opportunity on the path of life.

3.Self- Exploration/Investigation

- Self-exploration as a process for value education, empowers individuals to develop a strong sense of self, ethical awareness, and the ability to make choices that reflect their values.
- It is a dialogue process between "what you are" and what you really want to be".
- It is a process of self-evolution/development through self-investigation.
- It is a process of knowing oneself and through that, knowing the entire existence.
- It is a process of being in harmony with oneself and harmony with entire existence.
- It involves deep self-examination and reflection to understand one's own values, beliefs, strengths, weaknesses, and aspirations/ambitions.
- Self-exploration allows individuals to gain clarity about their identity and their principles.
- **How self-exploration contributes to value education:**

1.Awareness of Personal Values:

Self-exploration helps individuals identify and understand their personal values. By reflecting on their experiences, beliefs, and priorities, individuals can gain clarity about what matters most to them. This awareness enables them to align their actions and choices with their core values.

2. Reflection on Ethical Problems:

Engaging in self-exploration encourages individuals to reflect on ethical problems and moral challenges they encounter. By examining different perspectives and considering the consequences of their decisions, individuals can develop their own ethical framework and make principled choices.

3.Recognition of Strengths and Weaknesses:

Self-exploration involves an honest assessment of one's strengths and weaknesses. This process helps individuals understand their areas of improvement and work towards personal growth. By acknowledging their weaknesses, individuals can attempt to cultivate virtues and qualities that align with their values.

4. Developing Emotional Intelligence:

Self-exploration fosters emotional intelligence by encouraging individuals to recognize and manage their emotions effectively. It involves understanding one's emotional triggers, developing empathy for others, and cultivating healthy relationships based on respect and kindness.

5. Setting Personal Goals:

Through self-exploration, individuals can identify their aspirations and set meaningful goals aligned with their values. By understanding their passions and interests, individuals can pursue paths that bring them fulfilment and contribute to their personal growth and well-being.

❖ **Steps in the Process of Self-Exploration**

1. Observing Inside

Reflecting on personal thoughts, feelings, and desires.

2. Observing Outside

Understanding the world and how one interacts with it.

3. Dialogue Between "What You Are" and "What You Want to Be"

Resolving internal contradictions.

It is a process of Identifying our;

- Swatva (Innateness) The true nature or essence of a person.

- Swarãjya (Self-Expression, Self-extension) Expressing one's innateness in harmony with others.
- Swatantratã (Self-Organization) Being self-organized: harmonious within oneself.

❖ Content of Self-Exploration

- What is my basic aspiration (Desire)?
- What is the process to fulfill this aspiration (Program)?

- Proposal: Presenting ideas as proposals without assumption.

Self-Verification:
- Through natural acceptance.
- Experimental validation in real-life behavior and work.
- Avoid Assumptions: Don't assume proposals/Ideas to be true or false without verification.

Verification Methods:

Verify it on your own right-self investigation

don't just accept or reject it on basis of:
- On the basis of scriptures/what is written.
- On the basis of instruments
- On the basis of others

Don't try to verify on the basis of scriptures/ what is written":

By this we mean, let's not compare what is being proposed here with what is written in some book, something that you have read or are reading i.e. we think we know certain things, because we have *read* about it somewhere, and *remember* it now. However, we are *not* talking about a *comparative study* between what we

have read and what is being proposed here. Rather, we are talking about verification of these proposals *directly within yourself*.

"Not on the basis of instruments":

Don't assume these proposals as being true or false based on the conclusions somebody

might have given after conducting experiments with physical instruments. The instruments only give information about some physical phenomena, but the conclusions we make are based on our own perception about the phenomena. Such perceptions also need to be subjected to self-verification.

"Not on the basis of others":

Again, you may have heard something that some great person has said. You may *believe* what this person says to be true, and hence end up *comparing* what is being proposed here with what you *remember as being stated by that personality*. This would not mean verifying in your own right; it would mean *accepting on those great personalities' right*!

"Firstly, verify the proposal on the basis of your natural acceptance"

Natural acceptance is a faculty that is present in each one of us. It is intact and invariant.

We only have to start paying attention to it, to start "seeing" it.

But verify the proposal on the basis of Your natural acceptance

- ❖ **Natural Acceptance:**
    - ▪ **Definition:** A natural ability that helps guide decisions in alignment with one's true nature.
    - ▪ **Characteristics:**
    - ✓ Invariant with Time/it does not change with time (trust or respect)
    - ✓ It does not depend on the Place
    - ✓ Independent of Beliefs/ does not depend on our belief
    - ✓ Constant Presence of Natural Acceptance. (Cheating, disrespect).

✓ It is the same for all of us: it is part and parcel of every human being it is part of human-ness.

❖ Summary:

❖ The content of self-exploration is exploring into two fundamental questions: what our basic aspiration is; and the program to fulfil this basic aspiration.

❖ Process of self-exploration involves two things, firstly, verifying on the basis of natural acceptance, and secondly, validating experientially by living accordingly. When the proposal is verified on both the bases, it leads to realization and understanding. Understanding is assuring, satisfying and universal with respect to time, space and individual.

❖ *Outcomes of Self-Exploration*:

- **Inner Harmony**: Living without internal contradictions.
- **Authentic Living**: Being true to oneself and consistent in actions.
- **Harmonious Relationships**: Improved relationships through better understanding and expression.
- By understanding our self-better, individuals can develop qualities, make positive contributions to society, and lead a meaningful life based on your own unique set of principles.