Lecture 2
Self-exploration as the Process for Value Education

1. It is a process of dialogue – between me and you, to begin with

   ;g Iaokn dh izfØ;k gSA ;g Iaokn vkids vkSj esjs chp 'kq: gksrk gSA

2. It soon becomes a dialogue (Self-exploration) within your own Self…

   "kh?kz gh ;g Iaokn vkids Lo;a eas pyus yxrk gSA

1. I discover my natural acceptance

3. I have to ensure this dialog and ensure harmony within (evaluate our desires vis-à-vis our natural acceptance)

2. I become aware of what I am

**What I Really Want to Be
My Natural Acceptance
My Intention**

Dialogue

PAUSE & THINK

**What I am
My Desire, Thought, Expectation…
My Competence**

Always Relationship

These are in Contradiction

Unhappiness

Sometimes Opposition

These are in Harmony

Happiness

Sometimes Relationship

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self

2. It is a process of dialogue between what I am (tSlk eSa g¡w) and my Natural Acceptance or what I really want to be (tSlk gksuk eq>s lgt Lohdk;Z gS =LoRo)

3. It is a process of Self-exploration, Self-investigation → Self-evolution

4. It is a process of knowing oneself; and
through the self, knowing nature and the entire existence

5. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship

6. It is a process of knowing Human Conduct (ekuoh; vkpj.k) and living according to it

7. It is a process of living in harmony within, living in harmony with others…
living in harmony with entire existence

1- ;g ,d Lkaokn dh izfdz;k gSA

2- ;g Lo;a ¼tSlk eSa gw¡½ dh vius LoRo ¼tSlk gksuk eq>s lgt Lohdk;Z gS½ ls laokn dh izfdz;k gSA

3- ;g Lo;a esa] Lo;a ds vf/kdkj ij tk¡pus dh izfdz;k gSA

4- ;g Lo;a dks ,oa Lo;a ds ek/;e ls laiw.kZ vfLrRo dks le>us dh izfdz;k gSA

5- ;g vfLRkRo dh gj bdkbZ ds lkFk vius laca/k dks igpkuus ,oa rnuqlkj thus dh izfdz;k gSA

6- ;g ekuoh; vkpj.k dks le>us ,oa rnuqlkj thus dh izfdz;k gSA

7- ;g Lo;a esa Lora=rk ,oa lexz vfLrRo ds lkFk LojkT;iwoZd thus dh izfdz;k gSA

LoRo ⟶ **Lrra=rk** ⟶

LojkT;

viuh lgt Lohd`fr dks ns[kuk@le>uk

tSlk gksuk eq>s lgt Lohdk;Z gS

LoRo

lgt Lohd`fr ds vk/kkj ij Hkko] fopkj

Lo;a esa O;oLFkkiwoZd thuk

Lora=rk

nwljksa ds lkFk laca/k@O;oLFkkiwoZd thuk & laiw.kZ vfLrRo ds lkFk

LojkT;

1. Content of Self Exploration:

    a. Desire (pkguk) - Aim, Objective, Basic Aspiration, Purpose

               What do I want to achieve?

    b. Program (djuk) – Process of achieving the desire, action

               How do I achieve it ?

Are these questions important for you?

Do you have any other questions?

1. Happiness
2. Prosperity
3. **The continuity of Happiness and Prosperity**

Let us find out:

Do we desire for Happiness?

Do we desire for Prosperity?

Do we desire for the continuity of both (happiness & prosperity)?

If continuity of happiness and prosperity is ensured then what else would you desire?
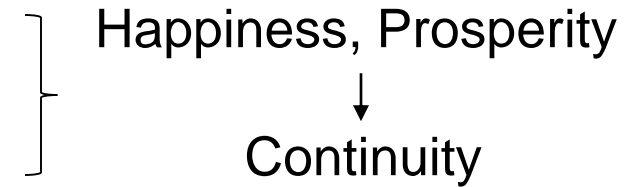
Our basic aspiration is for **happiness, prosperity and its continuity**

(our desires are not unlimited or indefinite**)**

1. Content of Self Exploration:

   a. Desire ($pkguk$) - Aim, Objective, Purpose

        What do I want to achieve?

                                      Happiness, Prosperity

                                               Continuity

   b. Program ($djuk$) – Process of achieving the desire, action

        How do I achieve it ?

2. Process of Self Exploration

   a. Whatever is stated is a **Proposal**
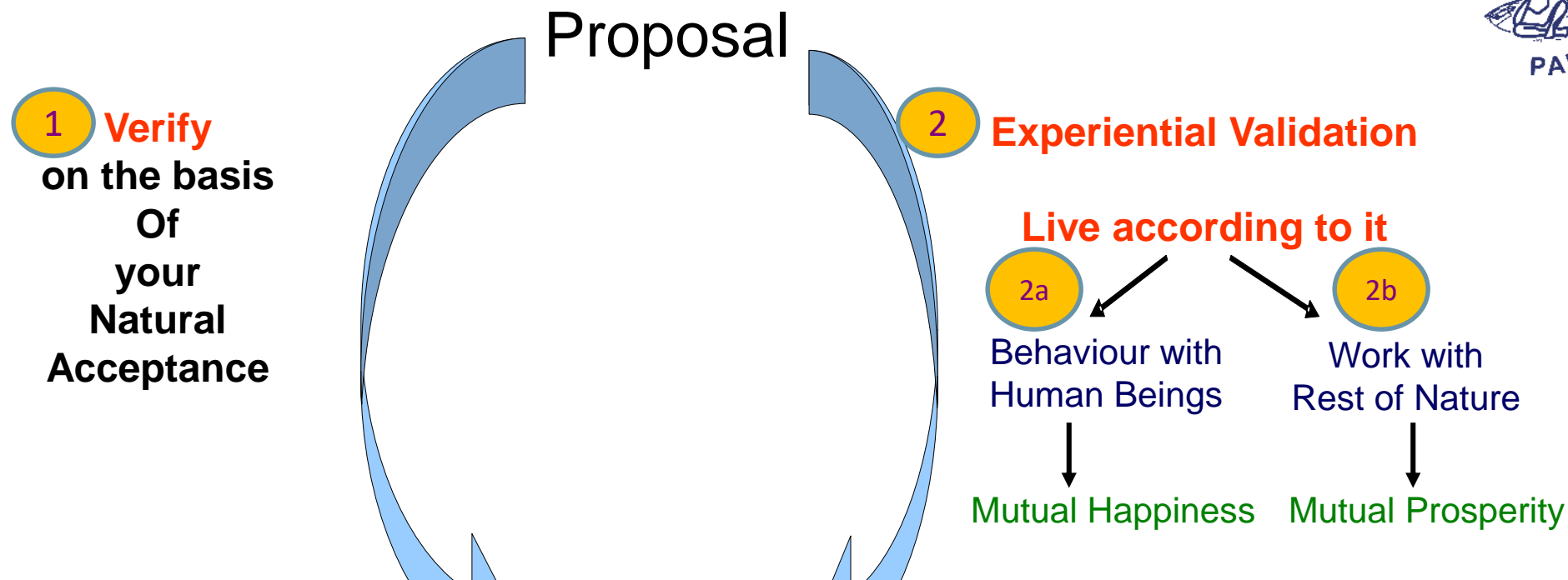
     Verify it on your own right

    Do not assume it to be true/ false

   b. Self-verification

Whatever is stated is a **Proposal – Verify** it on your own right
(**Do not assume it to be true/ false**)

PAUSE & THINK

Proposal

1 **Verify**
on the basis
Of
your
Natural
Acceptance

2 **Experiential Validation**

Live according to it

2a **2b**

Behaviour with
Human Beings

Work with
Rest of Nature

Mutual Happiness   Mutual Prosperity

Which process is Naturally Acceptable to you?

A process of self-exploration, self-verification on your own right, leading to understanding in yourself
or
A process of do's & don'ts, in which you assume what is said, without verification

Content of self-exploration   Basic human aspiration   happiness, prosperity ➔ continuity

How to fulfil it

Process of self-exploration   Self-investigation, self-verification
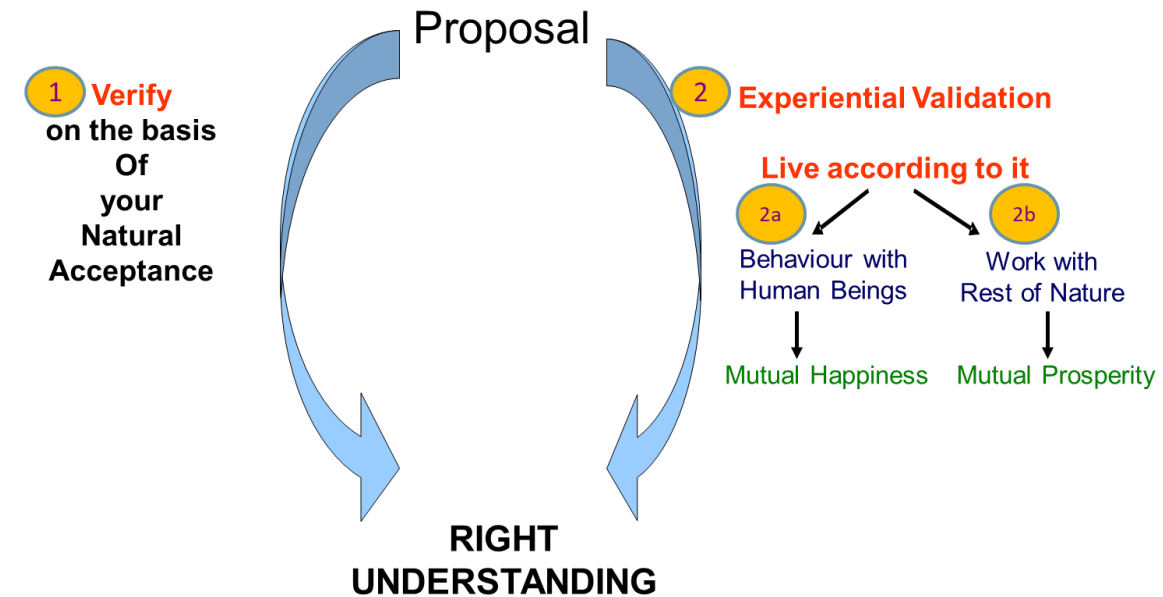
(it may start with the dialogue
between you and me,

but it soon becomes a dialogue within you
between "what you are" and
"your natural acceptance"

The Purpose of this workshop/course is
to initiate/strengthen self-exploration in you
(discover your natural acceptance…)

Whatever is stated is a **Proposal – Verify** it on your own right
(**Do not assume it to be true/ false**)

Proposal

1 **Verify**
on the basis
Of
your
Natural
Acceptance

2 **Experiential Validation**

Live according to it

2a **2b**

Behaviour with   Work with
Human Beings   Rest of Nature

Mutual Happiness   Mutual Prosperity

RIGHT
UNDERSTANDING

Introduce yourself in detail:

- Share about yourself, your family and your friends.
- Share salient achievements and failures in your life.
- Share how do you presently differentiate between right and wrong.
- Share your aspirations from life. Share what a fulfilling life means for you. For this, you may list out the top five points that occur to you when you think of a fulfilling life. While making the list, please consider your entire life, not just the present stage of your life (youth, middle age, old age, etc.). How do you expect to fulfil these aspirations and live a life of fulfillment?

What are your observations and conclusions from your life experiences so far?

Expected Outcome: The students start exploring themselves; get comfortable with each other and with the teacher and start appreciating the need and relevance of the course.

FAQs for Lecture 2

Self-exploration as the Process for Value Education

- How can we say that natural acceptance is invariant with time?

- What we accept is something quite subjective, different things appeal to different people – How can we say that natural acceptance is same for everybody? Actually what is this natural acceptance?

- Everyone is right according to his or her own understanding. Kindly comment.

- ...

Acceptance	Natural Acceptance
What one accepts **under the circumstances, influence of**	**What is acceptable naturally**
Others (peer pressure) Own preconditioning, tastes, likes-dislikes… Sensation…	Innate Nature (natural acceptance)
Sometimes respect, sometimes disrespect…	Always respect
Sometimes nurture Body, sometimes exploit…	Nurture the Body
Respect elders	Respect all

Acceptance	Natural Acceptance
What one accepts **under the circumstances, influence of**	**What is acceptable naturally** **About your participation with the other unit**
Others (peer pressure) Own preconditioning, tastes, likes-dislikes… Sensation…	Innate Nature (natural acceptance)
May change with time May change with place May change with person	Does not change with time Does not change with place Does not change with person
Indefinite may depend on circumstances, influences…	**Definite** uncorrupted by preconditioning…
Happiness or unhappiness	**Happiness always** (assurance, satisfaction)

Self Reflection