

## **Points Self Reflection (Day 2)**

(to be shared in the first session on day 3)

### **Self Reflection 1. Health of the Body**

Which is primary – feeling of self-regulation or health? Do you have a feeling of Self-regulation (responsibility toward your body)? – continuous?

- When you select food to eat, what is of primary importance – the nutrition or taste first?
- When you choose clothes, what is of primary importance – how you will look in those clothes, what other people will say to you or you think of comfort and protection first?
- When do you decide your daily routine, what is the primary consideration – your workplace timings or your self-development and health of Body?

### **Self Reflection 2. Prosperity**

Take one physical facility (say for clothes) and explore into these questions:

- Do you think about getting more or you think about sharing more?
- Have you identified how much your need? How much is required? Can you find it out now or it is impossible? Why?
- Find out how much you have.
  - If you have less than required, what do you think about?
  - If you have more than required, do you feel prosperous?
- When you have a feeling of prosperity, does it make you happy? What are some indicators of your feeling of prosperity?
- What is your conclusion about the feeling of prosperity?

### **Self Reflection 3. Relationship**

1. How many persons in your family do you have trust on intention (natural acceptance) – unconditional, continuous?  
i.e. you always make effort to improve mutual competence  
(your own competence as well as the competence of the other)  
rather than getting irritated, angry or having a feeling of opposition  
(even for a moment)
2. In your interaction with others:
  - Are you evaluating the other? Is your evaluation of the other their right evaluation, over evaluation or otherwise evaluation?
  - Are you also evaluating yourself? Is your own evaluation the right evaluation, over evaluation or otherwise evaluation?
  - Is the result mutual happiness? – Always?
3. Distinguish between reaction and response. What is naturally acceptable to you – to react or to respond?  
In your own interactions, find out
  - the % time you are responding
  - the % time you are reactingWhat effort is required to be able to respond all the time?
4. Is love about sensation or about the feeling of acceptance in relationship?
5. Is justice to be ensured between 2 persons, then in family and so on or can it be enforced from outside? In case of injustice, what is the right approach – punishment or make effort to develop competence for justice? What approach is taken in your institution and in your family?
6. If you are able to see the meaning of trust and respect; and you have few dear family members or friends that you have drifted apart from on account of mistrust or disrespect, then try to speak with them with affection. Is it helpful for you? And for them – what is their reaction or response?