

def Natural Acceptance:

- a) Natural acceptance is a mechanism of self exploration.
- b) Self-exploration is a method to explore our self.
- c) In other words, natural acceptance is a way to accept the good things naturally.

Experimental validate

- a) Experimental validation is a process that infuses direct experience with the learning environment and content.
- b) Most of what we know about our self is not only through our own opinion to our self but also because of how others view us.

When our activities are not guided by our natural acceptance, then they are guided by preconditioning and sensation.

We have not verified the desires, thoughts and expectations in us on the basis of our own natural acceptance. As a result, these desires, thoughts and selections are in conflicts. Since the desires are in the conflict, the thoughts they give rise to, are also in conflict and in turn, the selections from the thoughts are also in conflicts.

This conflict affects us in different
manners:-

- a) fluctuating aspirations : Our goals keep shifting as the inputs from the outside also keep changing.
- b) Lack of happiness confidence : Since our desires are shaky, we are not sure about them.
- c) Unhappiness / conflicts : Since our desires, thoughts and expectations are in conflict, it becomes the cause for our unhappiness, leading to stress and tension.