

Section-4

Q-2 a) Self-exploration is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me, has to be judged within myself.

b) Through self exploration we get the value of our self. We live with different entities (family, friends, air, soil, water, trees etc.) and we want to understand our relationship with all these.

c) For this we need to start observing inside. The main focus of self exploration is myself - the human being.

Basic content of self exploration:

Content of self exploration is just finding answers to the following fundamental questions of all human beings.

- 1) The Desire / Goal.
- 2) Program:

Therefore, it is essential to carefully ponder over these on your own right. Neither accept these as true immediately nor reject them hasty without proper exploration.