

## Section-4

Ans-2 Self exploration:

- \* 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 judge within myself.
- \* Through self exploration we get the value of our self. We live with different entirety (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these.
- \* For this we need to start observing inside. The main focus of self exploration is myself - the human being.

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. Through self exploration we get the value of ourselves. The process of self exploration is a follows:

First of all we have to keep in mind that,



Whatever is being presented is a proposal.  
Don't assume it to be true immediately,  
nor reject it within proper exploration.  
Verify it in your own right, on the  
basis of it being naturally acceptable  
to you, Not just on the basis  
of scriptures, Not just on the basis  
of equipment, Not on the basis of  
the assertion by other human beings.

Therefore, it is essential to carefully  
ponder over these on your own right.  
Neither accepts these as true immedi-  
ately nor rejects them prematurely  
without proper exploration.

Don't just accept/reject these only on  
the basis of the following:

- Because something like this/different  
from this, has been mentioned in  
scriptures,
- Or, because it has been preached/denied  
by some great men.
- Or, large number of people possess such  
a view/a different view.
- Or it is claimed to have been verified  
through some physical instrument.

Then what to do.

Verify on the basis of your natural acceptance.  
Live accordingly to validate it experientially

- If proposal is true in behaviour with human  
leads to mutual happiness.
- If the proposal is true in work with rest of the  
nature leads to mutual prosperity.