

Section 4.

Question 1.

Answer 1. Natural acceptance is a mechanism of self exploration. Self exploration is a method to explore ourselves. Natural acceptance is a process to understand ourselves. First, Natural acceptance implies unconditional and total acceptance of the self, people & environment it also refers to the absence of any exception from other. In other words, natural.

Experiential Validation is a process that infuses direct experience with the learning environment & context. It may be regarded as a philosophy and methodology in which the direct experience & forced reflection of the individual helps to increase knowledge, develop skills and clarify values.

Most of what we know about ourselves is not only through our own opinion of our self but also because of how others view us. When we already believe to be terms of us in validated by some situation, phenomena — outcome. we ~~may~~ may term it as experiential validation.