

94) What is role played by self exploration in achieving our basic aspirations i.e. happiness and prosperity?

Self exploration is the process to find out what is valuable to me by investigating within myself, what's right of me, true for me, has to be judged within myself through self exploration we get the value of ourselves we live with different entities (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these. For this if we need to start observing

1. The desire / Goal: what is my (human) desire / goal? what do I really want in life, or what is the goal of human life?

2. Program, what is my (human) program for fulfilling the desire? How to

fulfill it? what is program to actualize the above.

1. Happiness

Happiness may be defined as being / synergy in the state / situation that I live in. A state or situation in which I live, if there is harmony in it then I like to be in that state / situation. The state of liking is happiness. Happiness is a state of mind of feeling characterized by contentment, love, satisfaction, pleasure or joy. Happiness may be described as consisting emotion activities.

2. Prosperity:-

The feeling of having or making available more than required physical facilities prosperity. Almost all of us feel that wealth alone means prosperity and try to explain this phenomenon on this non-existent or half fact.