

Q2.

Ans

Self-Exploration:-

- 1) self-exploration is the process to find out what is valuable to my by investigating within myself, what is right for me true for me, has to be judged within myself
- 2) Through self exploration we get value of our self. we live with different entirety (family, friends), air, soil, water, tree, etc.) and we want to understand our relationship with all that.
- 3) For this we need to start observing inside. the main focus of self-exploration is myself - the human being.

Basis Exploration:- content of self-exploration is just finding answers to the following fundamental questions of all human beings.

Happiness:-

- 1.) Happiness results from a variety of feelings that are effortless and come naturally to us.
- 2.) Trust honesty, respect, confidence, etc. are feelings that we welcome with open arms at all times.

- 3) They lead us to a state of harmony within us and with others around us. For instance if a person trusts a ~~friend~~ friend.
- 4) Thus, happiness is a state where there is harmony all around.

Prosperity! -

- 1) It is clear that Prosperity is linked to material possession or 'Physical facilities'.
- 2) All the Physical things we need to take care of our body needs constitute these Physical facilities.
- 3) Once we have enough of these Physical facilities we feel Prosperous. Thus Prosperity is the feeling of having more than enough Physical facilities.
- 4) To understand Prosperity, we need to correctly assess the need of Physical facilities and be able to make available more than enough of these facilities.