

Section-4

Q1

Ans. Natural Acceptance :- Natural Acceptance is something that is within us. It is not something that we can find anywhere else. Whatever seems naturally acceptable to us is right and whatever causes confusion or conflict within us is wrong.

- Natural acceptance is a mechanism of self-exploration.
- Self-exploration is a method to explore our self.
- Natural acceptance implies unconditional and total acceptance of the self, people and environment.
- In other words, natural acceptance is a way to accept the good things naturally.
- It also refers to the absence of any exception from others.

* Experiential Validation :-

- Experiential validation is a process that infuses direct experience with the learning environment & content.
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- Most of what we know about our self is not only through our own opinion of our self but also because of how others view us.
- When what we already believe to be true of us is validated by some situation, phenomena or outcomes.
- We may term it as experiential validation.